

The HALLENGE

TO DEVELOP YOUR RESOURCES



Dr. Marie Mignon Mascarenhas

Incorporating the 7th Edition of
Family Life and Value Education

THE COVER DESIGN

The cover designed by Selena Nunes portrays the five Human Personality components, physical, mental, emotional, social and spiritual unique and individualised. They need to be integrated and centred for a positive self image.

This book aims to do this

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THE CHALLENGE

TO DEVELOP YOUR RESOURCES

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A CREST Publication, Bangalore

2007

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7th Edition of "Family Life and Value Education in the New Millennium"

All proceeds of this book go to support
CREST's Education of the girl Child

Printed at: **Matha Prints**

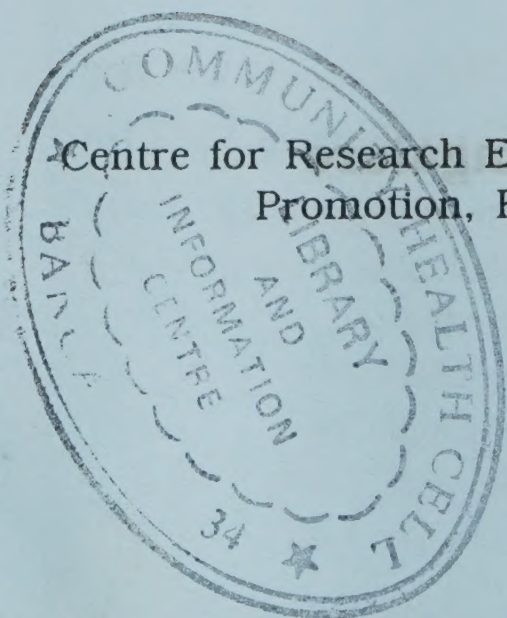
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Published by

CREST

Centre for Research Education Service & Training for Family Life
Promotion, Kasturinagar, Bangalore - 560 016

2007



WH-145
10517 1007

INTRODUCTION



In ancient times, health and illness were interpreted in a cosmological and anthropological perspective. The WHO defines health as "a state of complete physical, mental and social well being and not merely an absence of disease or infirmity".

But, in recent years this statement has been further amplified and includes the ability to lead a "socially and economically productive life". Therefore, now health is seen as a multi-dimensional entity. **The multi-dimensions include physical, mental, social, spiritual, emotional, vocational with culture, philosophical, nutritional, educational and related parameters. All these dimensions contribute to self-development.** The book "The Challenges To Develop Your Resources" by Dr. Marie Mignon is a comprehensive book which includes all the above aspects in a simplified and easy to understand mode. The book contains 34 chapters and insights on human development.

Each individual and society has to play a major role in area of human resource development (HRD). The quiet essence of HRD is humanization of life. Raising the quality of life and empowering individuals, which has been carefully outlined in the pages of this book.

The book can serve as a comprehensive resource for educators and HRD personnel at different levels. The book is also suitable for youth who are not adequately aware of health care, nutrition, educational and vocational

programs and look forward to guidance and counselling. The book provides valuable insights into the multi dimensions of health. Therefore, I recommend that this book should be read by everyone, which will go a long way in changing one's perception about life in a positive direction.

**Minds are like parachutes,
They only function when open.**

Dr. Dinesh Paul

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Additional Director

National Institute of Public Co-operation &

Child Development, New Delhi

ACKNOWLEDGEMENT

For all that I am and all that I do I thank my Creator, my family and my educators. My deep appreciation for the excellent contributions of Professors Sudha Bogle and Usha Kumar, Mrs. Christine Fernandes Jamal and Dr. Sarojini Vittachi. My gratitude to Dr. Dinesh Paul of NIPCCD and Mr. Chiranjiv Singh IAS for their genuine recommendations. Also my sincere thanks to Ms. Praemi Row, Naomi Gama Rose, Tanya Mendonsa, Celine Mathias and Pascal Travas for valuable inputs. Also to typists Nisha, Uma, Asha, Vanitha and Tejus, and my friend Selena Nunes for the beautiful cover and not the least of all to my faithful readers, co-workers and friends.

To Eliza Kuruvilla who gave off her expertise and did the proof reading my warmest thanks.

"All proceeds of this book go to support
CREST's Education of the Girl Child."

"People are created to be Loved and Things are made to be Used. The Confusion in the World Today is because people are being used and things are being loved!"

Read on.....

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Who am I ?

The Source of Love & Life

DISCOVERING AND DEVELOPING THE GREATEST RESOURCE

"I have spoken at times of a light in the soul, a light that is uncreated and uncreatable ... to the extent that we can deny ourselves and turn away from created things we, and shall find our unity and blessing in that little spark in the soul which neither, space nor time touches"

Meister Eckhart

This discovery about the nature of the human spirit is as revolutionary as Einstein's theories about the nature of the universe. If truly understood, it would transform the world as radically as Einstein's theories changed the world of science.

In Indian mysticism this divine core is called simply atman "the self". This light is the great human resource.

Second, this divine essence can be realized. It is not an abstraction, and it need not remain hidden under the covering of our everyday life. It can and should be discovered, so that its presence becomes a reality in daily life. "A lamp is lit and placed so that all should see its light".

The Blaze of a thousand suns will resemble little the splendour of the Light within us

Third, this discovery is life's real and highest goal. Our supreme purpose in life is not to make a fortune, nor to pursue pleasure, nor to write our name in history,

but to discover this spark of the divine that is in our hearts.

Because it is God that has sowed this seed in us, pressed it in, it cannot die out: it glows and sparkles, burning and giving light and always, it moves upward toward God.

This seed of God is in us, Given an intelligent and hard working human being it will thrive and grow up to God, and his nature. Pear seeds grow into pear trees, nut seeds into nut trees, and God seed into God.

This original Goodness we have needs to be uncovered. Removing these coverings is far from easy. A mask can hide a face completely, but it can be removed. This will not only lead us to our goal but fully develop our potential as the greatest resource to date.

Eknath Eswaran writes: "When growing up, a short walk from my home led to a lotus pond so thickly overlaid with glossy leaves and gleaming rose and white blossoms that you could scarcely see the water. One of the Sanskrit names for this most exquisite of flowers is "pankaja", "born from the mud". In the murky depths of the pond, a seed takes root. Then a long wavering strand reaches upward, groping towards the glimmer of light above. From this water, a bud emerges warmed by the sun's rays, it slowly opens out and forms a perfect chalice to catch and hold the dazzling light of the sun *"The sunflower also turns to the sun in an outpouring of love and absorbing light"*.

The lotus make a beautiful symbol for the core of goodness in every human being. Though we are born of human clay, it reminds us that each of us has the latent capacity to reach and grow, shining into heaven with strength and beauty.

There is an analogy in this true story told in "Acres of Diamonds" by Russell Conwell. An old priest said "A diamond is a congealed drop of sunlight which is scientifically live, as a diamond is an actual deposit of carbon from the sun. He told an old farmer Hafed that if he had a mine of diamonds he could place his children upon thrones. Hafed went to bed a "poor" man because he was discontented. So he went to search for diamonds and lost his life in this long pursuit of diamonds, travelling across deserts and seas.

The farmer who purchased Hafed's farm one day noticed a curious flash of light from the sands near the streams in his farm. This turned out to be a diamond. When the farmer stirred up the white sands there came up more and valuable gems than the first diamond. Thus was discovered the diamond mine or Golkonda the most magnificent diamond mine in all the history of mankind excelling the Kimberley itself. The Kohinoor and the Orloff, the crown jewels of England and Russia the largest on earth came from this mine. Had Hafed dug in his own garden instead of wretchedness, starvation and death, he would have had acres of diamonds.

Among the disturbing trends in our age is the tendency to identify the human being as nothing more than a biochemical entity and then argue. "There is no such thing as spirit. How can the centre of personality be something that time and space cannot touch?"

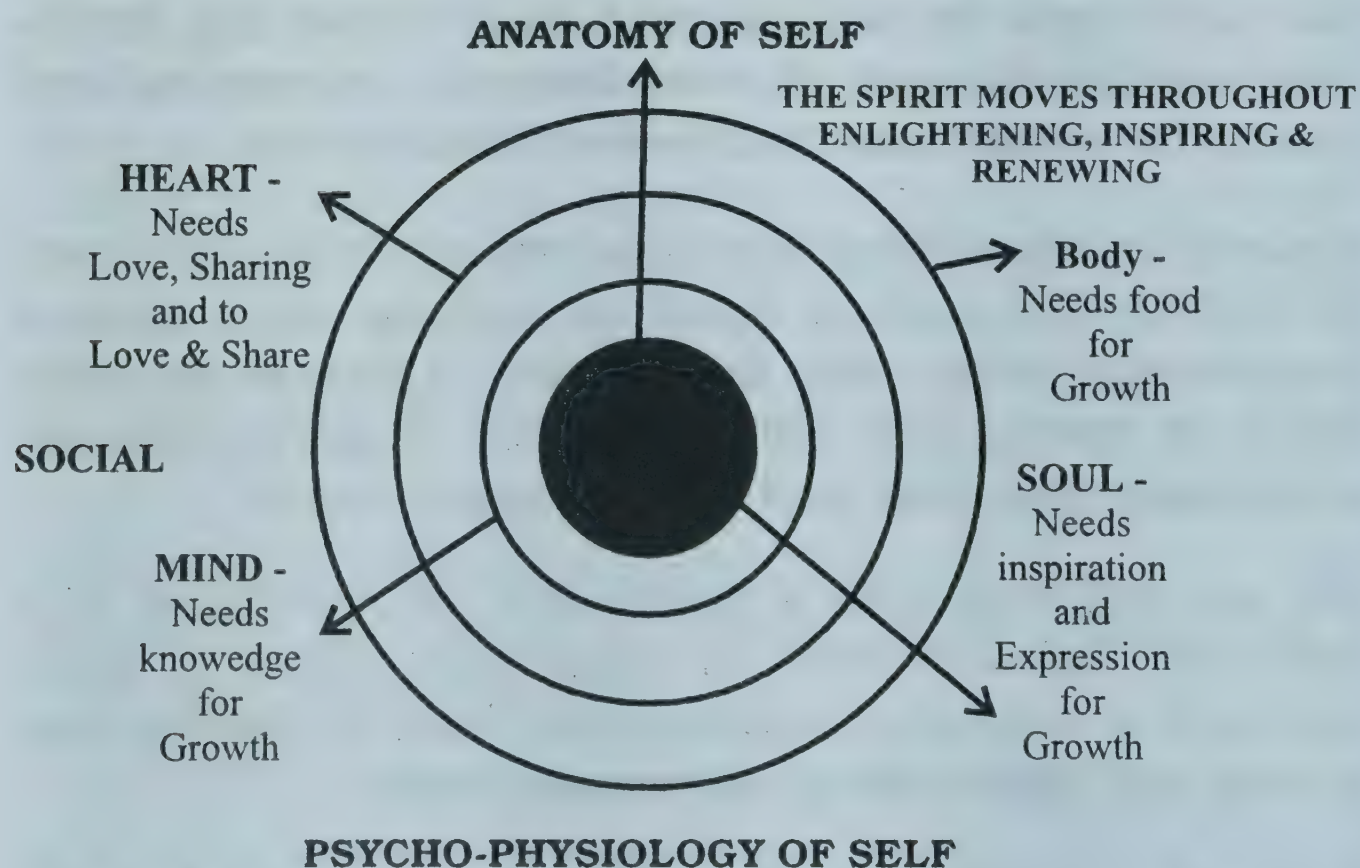
We are not born with a personality. We are born with inherited characteristics or tendencies which if good, and with a conducive environment, tend to develop into strong and obviously good personalities.

If the characteristics are weak or not so good but the environment is good, the inherited or predisposing factor has a chance to be overcome. However, if the environment

is bad even the good characteristics cannot attain their genetic potential, and the bad or weak characteristics will become part of the fabric or the personality, and be manifested as such. Hence environment plays a critical role in the development of the personality and you are the most important factor in the environment. Nick Poland, a behavioural scientist considers the impact of post modernism and relativism, and of a culture that blames behaviour on genes and the environment rather than encouraging individuals to take responsibility for their actions and exercises self control.

WHAT MAKES ME

Let's ask ourselves anew - Why am I here? Where do I want to go? What is my goal? Is it worth trying to reach it? Will I fulfil myself? And the answer from within is - a clear loud positive attitude.



In his book, "The Alchemist", Paulo Coelho believes no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity.

WHO AM I ?



I AM THE SOURCE OF LOVE & LIFE

Value Activity

1. Pick out any three statements and challenge them in the farmers story with a friend after personal reflection.
2. Discuss in detail the diagram. Anatomy of self.



The Human Person

The Unique ME

"The universe's richest possession and resource is the human person"

Shanthi Sharma

In this technological age, when machines and not humans seem to be of paramount importance, it would be fitting to remember Pasteur's words "Science gives the technique but the Spirit gives the impulse". "This is a world", said Omar Bradley, of nuclear giants and ethical infants. These two truths should shock us into our own human wealth and resources and shed the useless and often harmful baggage we have accumulated.

NEO DARWIN THEORY

Darwin, a deeply spiritual man was justifiably proud of his evolution theory, but could not proceed from the chimpanzee to the next stage that is a human being like himself. "The Missing Link", he called it.

Now with the help of Magnetic Resonance Imaging, Ultrasound and Behavioural Sciences we know that there are major scientific and definite differences between the chimp and humans. The "Neo Darwin Theory" is now used to prove that Darwin's Theory held good till the Chimpanzee. But the human person was a new creation, the most perfect image of God and His best creation.

DIFFERENCES BETWEEN THE HUMAN PERSON AND THE HIGHEST MAMMAL

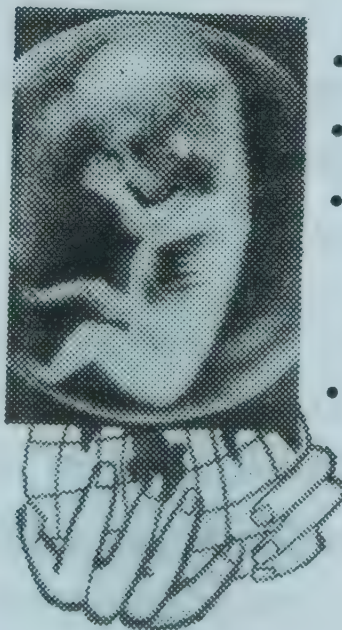
CHIMPANZEE

HUMAN PERSON - UNIQUE

- | | |
|---|--|
| 1. 24 pairs of chromosomes with characteristics | 23 pairs with different characteristics. |
| 2. Multiple ova released.
Litter in animals. | Only one Ovum released.
One child commonly born. |
| 3. Ovulation linked with coitus (intercourse). | Ovulation occurs independent of sexual intercourse. |
| 4. Speech is not developed | Speech is unlimited and highly developed |
| 5. Movements limited Chimp cannot oppose thumb with little finger. | Unlimited flexion, extension of limbs and body etc. Very developed. |
| 6. Intelligence and memory very limited | Memory is fantastic, unlimited intelligence. |
| 7. Emotions absent - only 2 basic instincts for survival and mating. | Capable of deep emotions. |
| 8. Relationships very brief and limited. | Highly developed. Lifelong relationships. |
| 9. Sex not linked with brain, local stimulation | Sexuality - Femininity and Masculinity, very specifically controlled by Brain - Thalamus and Pituitary Link. |
| 10. Genitality not linked with emotions like love, commitment & permanence. | Sexuality closely related to emotions like love, commitment & permanence. |
| 11. Organs and Hormones rudimentary. | Organs and Hormones highly developed |

YOU HOLD YOUR LIFE IN YOUR HANDS

- Heart is Beating (18th day)
- Pituitary gland is forming in the Middle of the Brain. Mouth, Ears and nose are taking shape (35th day)
- You are growing every minute!



- Brain working (30th day)
- Every organ is present.
- Stomach produces digestive juices. Liver manufactures blood cells.
- Kidneys begin to function. Taste buds are forming.

WHEN DOES HUMAN LIFE BEGIN?

Professor Jerome Lejeune, a French scientist of international repute and the discoverer of the genetic defect - Trizomy causing Down's Syndrome says "Modern biology teaches us that our ancestors are united to their progeny by a continuous material link, for it is from the fertilization of the female egg cell (ovum) by the male cell (spermatozoa) that a new member of species will emerge. Life has a very long history but each individual has a very distinct beginning, the moment of fertilization.

"The material link is the molecular thread of DNA. In each reproductive cell, this ribbon is roughly one meter long and is cut into pieces (23 in our species). Each segment is carefully coiled and packaged (like a magnetic tape in mini-cassette) so that under the microscope it appears like a little rod, the chromosome, each containing genes.

As soon as the 23 paternally derived chromosomes are united to the 23 maternal ones, the full genetic information necessary and sufficient to express all the qualities of the new individual, is gathered. Exactly as the introduction of a mini cassette inside a tape recorder will allow the restitution of the symphony, the new being begins to express himself/herself as soon as she has been conceived. The chromosomes are the table of the law of life, and when they have been gathered in a new being they personally spell out his/her constitution.

If you look closely, you would see the palm creases and a fortune teller could read the fortune of that tiny person. With a good magnifier, finger prints could be detected. We know that s/he feels, s/he hears, s/he smells and we have seen him/her swimming or dancing full of grace in

the womb. Science has turned the fairy tale of Tom Thumb into a true story, the one each of us is lived in the womb of our mother. Professor Lejeune, we salute you!

HEART BEATS - POP MUSIC

Special Hydrophones reveal the most primitive music, a deep, bass, profound reassuring hammering at some 60-70 p.m. that is the maternal heart and the baby's heart a high pitched cadence of 150+. These mixed mimic tunes are the basic rhythms of pop music.

Remember always and especially in a crisis that YOU ARE MATCHLESS; not a superior animal, but a wonderful human person whose ability and capability are beyond comprehension.

Scientists are still trying to understand the working of the human brain. They have not plumbed the depths of which Man and Woman can function. Behavioural patterns are so variable and depend on feelings and factors that cannot be predicted. YOU ARE PRICELESS and cannot be cloned or robotized!

Truly the human person whom we still have to fully comprehend is a marvel!

CHARACTERISTICS OF A GOOD HUMAN PERSONALITY

1. Able to assume responsibilities and reasoning from intra natural life.
2. Participate with pleasure in experiences belonging to each successive age level.
3. Work to overcome obstacles to happiness.
4. Make decisions with a minimum of worry and conflict.

5. Abide by a choice until convinced it is a wrong choice.
6. Get major satisfaction from real rather than imaginary accomplishments.
7. Can gratify his needs through acceptable behaviour.
8. Can use thinking as a blue print for action and not as a advice for delaying action.
9. Learn from failures instead of finding excuses from them.
10. Know how to work when working and to play when playing.
11. Can say "No" to situations harmful to their best interests.
12. Can say "Yes" to situations that will ultimately benefit.
13. Can show anger directly when rights are violated.
14. Can show affection direct and appropriate to the person and situation.
15. Can cope up with pain and emotional frustration.
16. Can concentrate their energies on their goal.
17. Accept the fact that life is a challenge to be met and overcome.

VALUE ACTIVITY

1. Discuss the uniqueness of the human person.
2. Do you believe in the sun even when it is not shining? and do you believe in love even when you don't feel it? If yes, why?
3. Share this information with others, Celebrate the Splendour of Human Life and how you can improve, develop positively.
4. Check the Diagram You hold Life in your hands.

**"I believe in God when He is silent.
I believe in MYSELF"**

The Pursuit of Excellence

"One must forever strive for excellence, or even perfection, in any task however small, and never be satisfied with the second best"

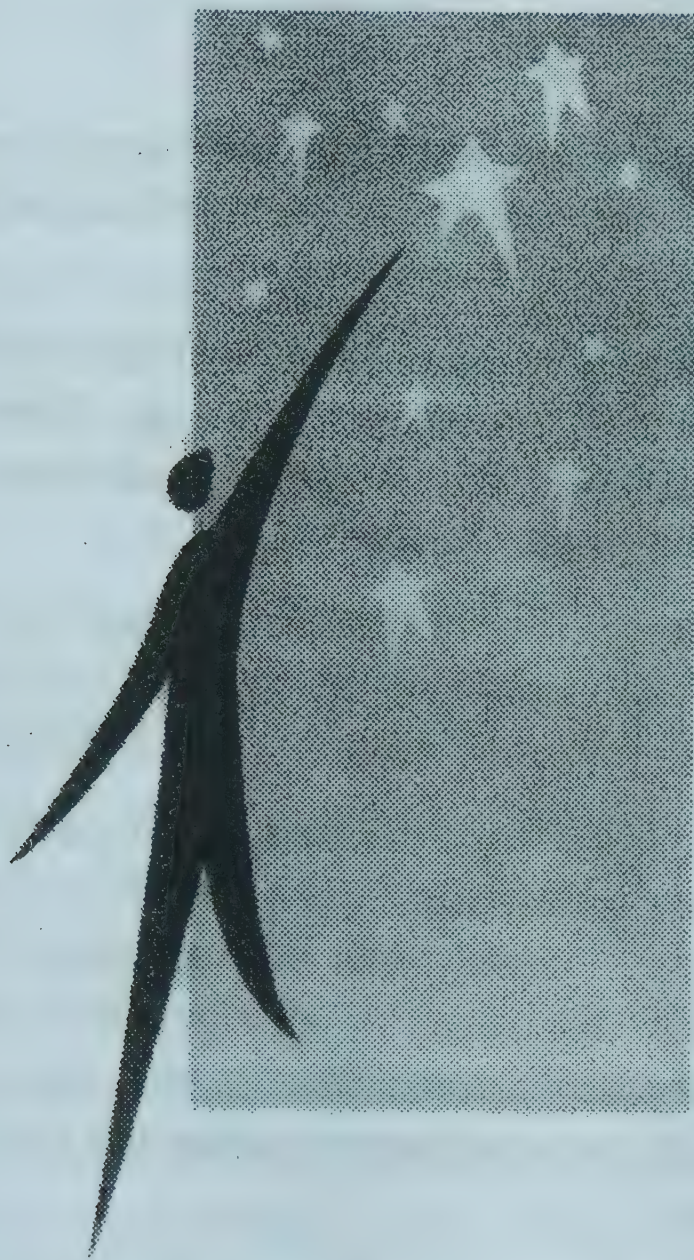
J R D Tata

- We have been given a tremendous gift - the freedom to choose.
- With every choice we make, there is a certain consequence we can expect.
- Whatever we pursue in life is what we are going to receive.
- There are three primary choices set before us:
 To be - Below average
 - Mediocre
 - Excellent
- The vast majority are stuck in mediocrity.
 Those who pursue a walk of excellence find the real rewards.
- A person who is excellent is one who exceeds the status quo - he does more than what is expected of him.
- As people of excellence, you and I need to do what is right even when no one else is around.
- Excellence should be seen in everything we do - our conversation, our dress, the way we care for our home and car, the way we treat people and so on.
- If we are people of excellence, we will be excellent employees and excellent bosses

- A poet once remarked, "Where can we live but days." Life is lived one day at a time. Can we start our days happy, infuse them with challenges, and live them with spirit? Yes we can, and it's a goal worth striving for.
- Dream new dreams today. Set new goals today. Spend your time on things that truly count today. Love your family today. Be a friend today. Do things better, Today.
- You can't change the past, but the future is what you make it, starting right now. Take full advantage of the present.
- Knowledge is knowing facts; wisdom is knowing what to do with the facts you know.
- Always attack each challenge not with why you can't, but how you can.
- People don't plan to fail, they just fail to plan.
- You can show love to others in many ways through forgiveness, kindness, thoughtfulness, listening, encouragement, sympathizing, sharing the load, and giving of yourself.
- When you treat people the way you want to be treated, it's inevitable that they will return the favour by treating you with respect and kindness. It starts with you.
- The material things of this world must one day be left behind. The only things that truly matter are those of the spirit: love, kindness, mercy, understanding, giving.
- If you have a positive attitude showing you have faith in someone, that person will probably try to live up to your expectations.

- Life is all about the little decisions you make every day. You can't change the decisions of the past, but every new day is another opportunity to make the right ones.
- Prayer can change the course of your day, and can even change the course of history. Prayer can be your saving grace. Use it!
- Don't look at the low points in your life as defeats, but as opportunities to make progress.

Christine Fernandes Jamal - HOUSE OF TATAS



**EVERY ONE CAN REACH OUT TO
TOUCH THE STARS**

Return to your Centre

Centring, Reflection and Meditation

*"See! I will not forget you
 I have carved you on the palm of my Hand
 I have called you by your name
 You are mine
 You are precious to me
 I love you"*

- Isaiah

REFLECTION

Sometimes we feel so low that we cannot or do not want to believe that we are loved by anyone, even God, who seems to have abandoned us.

Sometimes we feel we are good, but nobody understands us and so we feel frustrated. We go down in our own self estimation and believe there is no hope and nothing to live for.

"Despair weakens our sight and closes our ears. We can see nothing but spectres of doom, and hear only the beating of our agitated heart." (K. Gibran)

Already it is a late hour to pray, but pray we should, to strengthen our communication with our self and God within in prayer. If we send out an urgent call for help, help will be forthcoming. A very genuine prayer is heard if we persevere and have faith. It will never fail. It is our lifeline to God, by whichever name we call Him, and our spirit within.

- Choose - or make, if you have to - a time for meditation when you can sit for half an hour in uninterrupted quiet. Early morning is best.

- Select a place that is cool, clean and quiet. Sit with your back and head erect, on the floor or on a straight backed chair.
- Close your eyes and slowly move to the centre within your deepest self.

Be happy for everything good you have

For everything good that happened on the previous day. Go through the events and people you interacted with. What were the 'nice' or 'heartening' meetings or people that made you feel good or not so good. What did you miss out on? What could you have done to avoid some 'words' or actions in these inter relationships. Face your Fears!

Conquer your fears

Fear is an universal experience. Even the smallest insect feels it. Put out your finger near the soft, open bodies of a sea anemone and it closes up, spontaneously. It is not a terrible thing if we feel fear when faced with the unknown. It is part of being alive, something we all share. We react against the possibility of loneliness, of death, of not having anything to hold on to. Fear is a natural reaction to moving closer to the truth.

Our personal demons come in many guises. We experience them as shame, as jealousy, as abandonment or as rage. They are anything that makes us so uncomfortable that we continually run away.

We do the big escape: we act out, say something, slam a door, hit someone, or throw a pot as a way of not facing what's happening in our hearts. Or we shove the feelings under and somehow deaden the pain. We can spend our whole lives escaping from the monsters of our minds.

All over the world, people are so caught in running that they forget to take advantage of the beauty around them. We become so accustomed to speeding ahead that we rob ourselves of joy.

"Sometimes our mind is like a lake without ripples. When the lake has no ripples, everything in the lake can be seen. When the water is all churned up, nothing can be seen. A still lake without ripples is an image of our minds at ease, so full of unlimited friendliness for all the junk at the bottom of the lake that we don't feel the need to churn up the waters just to avoid looking at what's there". *Prema Chodrana*

Jeal-Paul Sarte said that there are two ways to go to the gas chamber, free or not free. This is our choice in every moment. Do we relate to our circumstances with bitterness or with openness?

In his bestseller, "The Alchemist", Paolo Coelho says *"Tell your heart that the fear of suffering is worse, that the suffering itself."*

Every second of the hearts search for peace is an encounter with God. The shepherd boy told his heart. "When I have been truly searching for my treasure, every hour was a part of the dream that I would find it. I've discovered things along the way that I never would have seen had I not had the courage to try things that seemed impossible for a shepherd to achieve."

So his heart was quiet for an entire afternoon. That night, the boy slept deeply, and, when he awoke, his heart began to tell him things that came from the Soul of the World. It said that all people who are happy have God within them. Everyone on earth has a treasure that awaits him, his heart said. People no longer want to go in search of them. We speak of them only to children.

Later, we simply let life proceed, in its own direction, towards its own fate. But unfortunately, very few follow the path their destinies, and to happiness. Most people see the world as a threatening place, and so indeed it becomes a threatening place.

So, we, their hearts, speak more and more softly. We never stop speaking out, but we begin to hope that our words won't be heard: we don't want people to suffer because they don't follow their hearts.

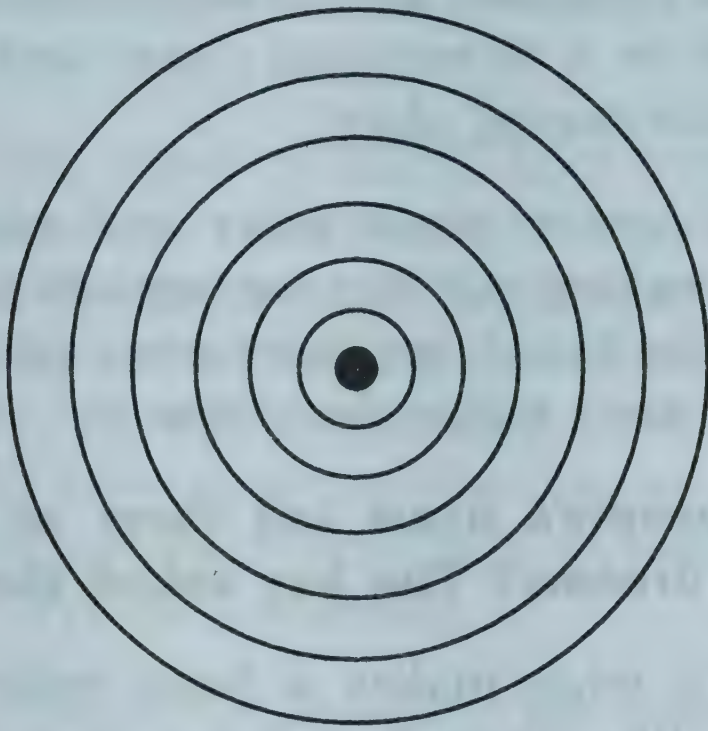
Why don't people's heart tell them to continue to follow their dreams? The boy asked the alchemist.

Because that's what makes a heart suffer most, and hearts don't like to suffer. From then on, the boy understood his heart. He asked that, when he wandered far from his dreams, his heart press him and sound the alarm. The boy swore that, every time he heard the alarm, he would heed its message.

That night, he told all of this to the alchemist. And the alchemist understood that the boy's heart had returned to the Soul of the World.

A current of love rushed from his heart, and the boy began to pray. It was a prayer that he had never said before, because it was a prayer without words or pleas. His prayer didn't give thanks for his sheep having found new pastures, it didn't ask that the boy be able to sell more crystal, and it didn't beseech that the woman he had met continue to await his return. In the silence, the boy understood that the desert, the wind, and the sun was also trying to understand what had been written on a single emerald. He saw that omens were scattered throughout the earth and in space, and that there was no reason or significance to go on searching. "The treasure was within"

GOING TO THE CENTRE OF YOUR VERY BEING



Centring Prayer is a simple form of prayer, frequently, without words, it is an opening of hearts to the Spirit dwelling within us. In this prayer we spiral down into the deepest centre of ourselves. It is the point of stillness within us where we most experience being created by a loving God who is breathing life into us. To enter into centring prayer one is helped by a recognition of our dependency on God.

Move to the centre within your deepest self. This movement can be facilitated by imaging yourself slowly descending in an escalator, or by walking down the flights of stairs, or descending a mountain, or going down into the water, as a deep pool.

In the stillness, become aware of God's presence; peacefully absorb God's love.

In centring prayer we go beyond thought and image beyond the sense and the rational mind to the centre of our being where God is working a wonderful work.

LOOK INTO YOUR MOODS:

Look into your interior moods, feelings, urges and movements, and see what stands out even slightly. Look for such things as joy, pain, turmoil, increase of love, anger, harmony, anxiety, freedom, enslavement, presence of God, isolation. In what general direction do you think you are being drawn by the Lord? How have you been responding to these experiences or situations that draw you towards the Lord and invite you to be more like Him?

More particularly, what attitudes are manifest in these experiences? Is there any one place in your heart or any one area you are being asked to focus your attention on.

Try to dispel all thoughts that are negative, that you are not good enough. Look into your heart and all the good things you have done.

You need to glow and give light to others using all your faculties to strengthen and renew yourself, just as the waterfall strikes the floor and rises in splending flashes to do it and uplift our spirits.

The purpose of Meditation is to dig down and recall what has been forgotten. When you become a person who can meditate deeply you can return to creativity.

MEDITATION

Whatever our religious beliefs or not, it is possible for everyone of us to uncover the core of goodness within us. It has nothing to do with theology and everything to do with practice. In other words what we say we believe is not so important, what matters is what we actually do and, even more, what we actually are. "As we think in our hearts, so we are". Goodness is in us; our job is simply to get deep down into our consciousness and begin removing what stands in the way.

This deep reflection or meditation is very important to each one of us to use.

Doing this however, is no small talk. I would go to the extent of saying that there is no way to accomplish this today except through the systematic practice of meditation.

True, meditation does relieve the tensions of the day. But so does a ten mile run, which is a lot of work at a time.

Second, although there are highly respectable schools of meditation which rightly emphasize that their goal is not relaxation but awareness, their methods often involve heightening awareness of some physiological activity like breathing.

Third, meditation is not visualization, nor is it drifting in a reverie and imagining pleasant things. It is not letting the mind wander, "guided" or "unguided", nor observing thoughts flow by in quiet detachment.

Finally, it is important to distinguish meditation from disciplined reflection on a particular theme.

So what is meditation? It is the regular, systematic training of attention to turn inward and dwell continuously on a single focus within our consciousness, until, we become so absorbed in the object of our contemplation that while we are meditating, we forget ourselves completely. In that moment, when we may be said to be empty of ourselves, we are utterly full of what we are dwelling on. This is the central principal of meditation, we become what we meditate on.

We begin by learning how to train our attention - both in meditation and during the rest of the day - until eventually we make our mind calm, clear, and as concentrated as a laser, which we can direct and focus at will.

THE RESULT OF PRAYER - AND MEDITATION

An Answered Prayer

I asked for **strength** and God gave me **difficulties** to make me **strong**.

I asked for **wisdom** and God gave me **problems** to learn to **solve**.

I asked for **prosperity** and God gave me **Brain** to think.

I asked for **courage** & God gave me **dangers** to overcome.

I asked for **Love** & God gave me **troubled people** to help.

I asked for **favours** & God gave me **opportunities**.

I asked for **nothing** that I **wanted** yet I received **everything** I needed. My prayer has been answered.

VALUE ACTIVITY

1. Read the Chapter twice. Follow the suggestive and strategy for self strengthening.
2. Work on Centring daily.
3. Teach it to others and help them pray.

A SIMPLE STILLNESS EXERCISE

Listen, be aware of sounds around you: outside and inside the room. Be aware of yourself in God's presence.

your head,

shoulders,

arms and hands,

your back,

legs and feet,

firmly on the ground.

Be aware of touch and smell.

Finally, come to rest

at the centre of yourself

where you know

God is with you.

The Child

The Beginning and the End

"All Relationships start with the bonding of the Mother with her Unborn Child and continue on this primary foundation. No man is an island, we live and love and grow with others"

Usha Desai

All individuals who are interested in bringing up children to be successful and happy adults must know their rights and look at the life span from a developmental perspective. They believe that development is an ongoing process and that all experiences, good or bad, in earlier years shape our future.

From this perspective, the entire life span of a human being has been broken up into different stages. They are:

1. Conception - Birth : Prenatal
2. Birth - 2 years : Infancy
3. 2 - 6 years : Early childhood (Pre school)
4. 6- 12 years : Late childhood
5. 12 - 18 years : Adolescence

THE RIGHT	to be Loved
THE RIGHT	to ask Questions & Receive Answers
THE RIGHT	to Security and Protection

These age ranges are approximate. We might find a 14 year old girl helping her mother in the house and looking after the younger siblings and doing tasks of a young adult. On the other hand we might see a young woman of 28 breaking down, crying and running back to her mother's arms at the first sign of problems, (technically acting like a child). Therefore finally it's the behavior of

the individual that helps classify them into a particular stage. These age ranges are not water tight. It does not imply that on her 12th birthday, your daughter is no longer a child but an adolescent.

I'm Pregnant. What should I do or avoid for a healthy baby?

Prenatal Care - Since development starts from conception, it is important that we provide a healthy uterine environment in the mother for the developing foetus. Prenatal care is the health care you get while you are pregnant, for you and your baby.

Prenatal care can help keep you and your baby healthy. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.

You should start taking care of yourself by staying active, not indulging in risk behaviours such as smoking and drinking, taking all the required immunizations and eating right. You can help keep yourself and your baby healthy even before it is conceived and lower your chances of having a baby born with a birth defect.

Some things you can do to take care of yourself and the precious life growing inside you include:

- Eat a healthy diet that includes fruits, vegetables, grains and calcium rich foods. Choose foods low in saturated fat.
- If you smoke, drink alcohol, or use drugs, STOP!. These can cause long -term harm to your baby. Ask your doctor for help.
- Ask your doctor before taking any medicine. Some are not safe during pregnancy as they could have side effects or other problems. So ask your doctor before taking these products too.

- Avoid x-rays.
- Stay away from chemicals like insecticides, solvents (like some cleaners or paint thinners), lead and mercury. Not all products have pregnancy warnings on their labels. If you're unsure if a product is safe, ask your doctor before using it.
- Avoid or control caffeine in your diet. Pregnant women should have no more than two servings of caffeine per day. Remember that teas, sodas, and chocolate may contain caffeine.
- Stay active. Most women continue working through pregnancy, but adequate rest and good sleep are necessary.
- Sexual intercourse if you are healthy can continue till the seventh month.

During the first prenatal visit, you can expect your doctor or nurse to do the following:

- Ask about your health history including diseases, operations, or prior pregnancies
- Do a complete physical examination.
- Order tests of your blood , urine blood group Rh and Aids.
- Check your blood pressure, urine, height and weight.
- Your expected due date.
- Answer your questions.

Pregnancy associated discomforts

During your pregnancy you will expect some discomforts such as:

- **Constipation and hemorrhoids** : One of the reasons for constipation may be changes produced in the digestive tract due to hormones slowing down the

movement of food. Added to this, during the last trimester of pregnancy there is more pressure on your rectum from your uterus. To avoid these try to drink plenty of liquids and eat fruit and vegetables with fibre content. Some pregnant women experience relief drinking a glass of warm water before breakfast.

- **Nausea** : As well as constipation, is due to metabolic changes. In the morning soon after getting up try a little sweetened coffee or lime juice. Try to eat in small quantities every three hours (fractionated diet). During your pregnancy it is good to eat proteins.
- **Heartburn** : This can occur when stomach acid from digesting food is pushed into your esophagus. As stated before, during pregnancy all digestive process is slowed down and in addition, the engrossed uterus presses up your stomach. To avoid heartburn, eat in small quantities, several times a day.
- **Fatigue** : Your body is doing a big job while you are pregnant. Try to sleep 8 hours daily and try to take a nap during the day. Avoid hard work and eat a balanced diet throughout your pregnancy.
- **Headaches** : You may have headaches during your pregnancy. Possibly because you are tense or in some cases it is caused by the higher level of blood in your body, now that you are pregnant. Lay down and try to relax or take a brief walk. Do not take medication while you are pregnant unless directed by your doctor.
- **Frequent Urination** : During your pregnancy, your uterus is pressing down on your bladder. Do not avoid the urge to urinate.
- **Cramps** : They are due to circulatory problems associated with the weight gain as you progress in your pregnancy. Exercises can alleviate these discomforts.

- **Chloasma** : These are obscure marks in the skin caused by the hormones secreted during pregnancy and tend to disappear after delivery. Avoiding sunlight can help prevent them.
- **Stretch Marks** : Skin tissue that has to support extra weight causes these marks. They appear on the abdomen and breasts and in most cases slowly disappear after delivery.
- **Varicose Veins** : They are produced by the pressure of the uterus to the lower part of the abdomen that causes difficulty in circulation during the 9 months of pregnancy. They usually appear in legs especially if you must stand or sit for long periods of time. If you do need to stand or sit for long periods, move frequently to improve circulation. Elevate your legs when possible or lie in bed with a pillow under your feet. While you are sitting try to keep your feet up. Do not wear tight clothing. Your doctor may recommend support stockings for you.
- **Breathing Difficulties** : This happens during the third trimester of pregnancy because the foetus is occupying more space in your abdomen. Breathe deeply and slowly several times a day.
- **Backaches** : This is a consequence of the growing of your abdomen and your weight increase. If you are suffering from backaches wear low- heeled shoes, try to keep your back straight and avoid lifting heavy weights. It is good to practice some relaxation. Stay calm and serene. Don't get worried.
- **Swelling** : Due to the retention of water in your tissues, swelling has a high occurrence in your feet. Try to elevate your legs whenever you can and avoid tight clothes. Notify your doctor if you register a sudden rise of your weight.

Child Developmental Milestones

Child development is a process every child goes through. This process involves learning and mastering skills like sitting, walking, talking, skipping, and tying shoes. Children learn these skills, called developmental milestones, during predictable time periods.

Children develop skills in five main areas of development:

1. Cognitive Development
2. Social and Emotional Development
3. Speech and Language Development
4. Fine Motor Skill Development
5. Gross Motor Skill Development

Milestones of development from birth to three years.

Birth to 8 Months: Young Infants

Learn Who I Am:

1. I learn about my body.
2. I learn to trust your love.
3. I learn to comfort myself.
4. I can make things happen

Learn About My Feelings:

1. I can show you many feelings: pleasure, anger, fear, sadness, excitement and joy.
2. Sometimes I need you to help me with my feelings.
3. I share my deepest feelings. I know and trust you.

Learn About People, Objects and How Things Work:

1. I can tell the difference between people I know and people I do not know.
2. I am sometimes afraid of strangers.
3. I like to be with you and be held and talked to.
4. I learn about how the world works.

Learn To Move and Do:

1. At first, my body moves automatically.
2. Within a few months, I begin to learn to use my fingers and hands.
3. Over time, I move my body with purpose.

Learn To Communicate and Relate:

1. I can tell you things even as a newborn.
2. Within a few months, I develop new ways to communicate.
3. I learn to babble.
4. I like to 'talk' with you, even though I don't yet speak words.

8 to 18 Months: Explorers

Learn Who I Am

1. How I feel about myself depends on how you care for me and play with me.
2. I am showing you that my sense of self is growing stronger when I am assertive.
3. I am learning language about me.

Learn About My Feelings

1. My feelings can be very strong.
2. I care deeply about you.
3. Knowing when you will return makes me feel better and helps me learn about time.

Learn About People, Objects and How Things Work

1. I am learning about choice and choices.
2. I like to see and be with other children of my age or a little older.
3. I want to be like you.
4. I learn about how the world works.

Learn To Move and Do

1. I am learning to do new things with my fingers and hands.
2. I am learning to move in new ways.

Learn To Communicate and Relate

1. I communicate through my expressions and actions.
2. I communicate using sounds and words.
3. I understand more than you may think; much more than the words I can say.

18 Months to 3 Years: Toddlers and Two-Year Olds Learn Who I Am

1. Sometimes, I feel powerful, but independence can be scary.
2. I feel good about myself and where I come from when my culture is reflected in my child care setting.
3. I sense how you feel about me. Your feelings help shape how I feel about myself.
4. Sometimes I want to be big. Sometimes I want to be a baby again. And sometimes I want to be both at the same time. This is one reason why my behaviour is sometimes hard for you to understand. I don't understand it myself.
5. I am learning more self-control,

Learn About My Feelings

1. My feelings can be very strong.
2. I am learning to control my feelings.
3. I know you have feelings too.

Learn About People, Objects and How Things Work

1. I am more aware of other children.
2. I like to play together with other children.
3. I am beginning to be aware of other children's rights.
4. I am becoming aware of how you respond to my actions.
5. I learn about how the world works.

Learn to Move and Do

1. I can do many things with my fingers and hands.
2. I move in new ways.
3. I can handle many everyday routines by myself.

Learn to Communicate and Relate

1. I have many things to tell you.
2. I like you to read and tell me stories.
3. I play with words.

"All the world waited for my coming. Love me, Teach me, Guide me I pray you, and I will be a blessing to all."

Marie Lou Monterio

Case Study : Tej a 24 year old man with a younger sister was often punished unjustly in his childhood by his father, while his mother pampered him. He did well in his studies but longed for his father's praise which never came. Neither relaxed together nor had the friends to confide in or help. The mother kept busy with household chores.

As a young working man he could not form a stable relationship and kept doubting people's intentions. As a colleague who had also met his parents, what could you do to help Tej overcome this lack of parental bonding. which he has confessed to you? Is there any hope for a happy outcome?

Value Activity

1. Discuss Tables & Pregnancy
2. Ask your mother for details of her Pregnancy and Birth

*If a child lives with encouragement, he learns to be confident.
If a child lives with fairness, he learns justice
If a child lives with praise, he learns to strive.
If a child lives with security, he learns to have faith.
If a child lives with approval, he learns to like himself.
If a child lives with acceptance and friendship, he learns to find love in the world.*

(Contributed by Prof. Sudha Bogle)

The Splendour of Adolescence

Everything you need to know

The adolescent is on a stage, a splendid one with arc lights flashing on him/her. A stage between childhood and adulthood. After s/he has solved perhaps the physical and mental problems and has learnt a great personal discovery, that each one of us are one and indivisible, and yet linked with others, they arrive at adulthood. Something is experienced in every cell. All feelings of otherness vanish forever. Will the flashing arc lights blind or will they shed light? A great creative force is unleashed, a force of energy burning with love and courage.

ACRES OF DIAMONDS

"*Om mani padme hum*", the Buddhist Mantra means - the spirit dwell within you. It is in the adolescent that this discovery if made set him/her on the search to discover themselves, their goals, their hearts, and their spirit. "I will send the spirit" to sustain you. "The Acres of Diamond's (*Russell Conwell*). The heart of the greatest wealth stretches out in the post adolescent stage waiting to be explored, wanting to be walked upon, to be cherished and mutually used. The Diamonds are shining from within.

The preadolescent who has been preoccupied with physical and mental growth now finds a limitless river of feelings at his/her command - rushing, roaring, wanting to be expressed but needing to be channelised and used positively. The Emotional Quotient - EQ is much more important than the Intellectual Quotient - IQ; even when mentally or intellectually gifted - Emotions can blunt or prevent the IQ from being expressed. Emotions can be

strong. They can be "let loose and increase stress," and this is the threat we adults are afraid of.

THE PURPOSE AND FUNCTION OF EMOTIONS

Emotion is formed from two words - 'em' means from within and 'motion' means to move. What are emotions for? Just as a carburettor spurts gasoline at the spark plugs, which explode and ignite the gas vapours to move, first moving the cylinder, and finally the whole automobile, emotions are the fuel for our behaviour. Emotions are a source of psychic energy for our actions.

The desire for a cool drink makes us get up from a comfortable chair and walk to the refrigerator. Fear makes us jump out of the way of a speeding automobile, love leads us to comfort the younger sister who has fallen and bruised her knee.

Inclinations lead to feeling and feeling leads to emotion leads to action. Behaviour is what makes us do the action we take to do, protect, express ourselves.

BEHAVIOUR - PSYCHO - CYBERNETICS:

The way we behave involves many levels of action.

The human baby will instinctly suck on a nipples bottle of warm milk without ever having to take a lesson in life. Without thinking about it, you blink about six times a minute to keep your eyes moist. You yawn every once a while to equalize air pressure in your arm if you are about to fall. This is a behaviour on the most elemental, instinctive and reflective levels, it is a built in protection.

Psycho-Cybernetics means the evolution of the mind and spirit of the man from doubt to belief, from frustration to confidence, from your self to your big self. It leads us to mature behaviour.

EMOTIONAL AND RATIONAL BEHAVIOUR FOR THE GUIDANCE AND REASSURANCE FOR ADOLESCENTS

Emotional behaviour is action performed just on the basis of what we are feeling. In such cases we let our emotions alone, i.e., anger, fear, etc. determine our actions.

In addition to feelings (animals have instincts - two basic ones, survival and mating); We as humans have the ability to reason and figure out the meaning and value of a situation, that is to analyse and decide what kind of behaviour is proper and called for. Then we can channelise our emotions for positive behaviour.

Emotions are not bad or good but our conscious choice result in an action or behaviour which can be good or bad.

A normal human being has full control over every single action. Before the muscles can move, (even the smallest one in the eyelid or the little finger), the brain has to give the command.

As human beings we have full control of all our action. Only a person who is under the influence of alcohol or drugs, or who is mentally affected loses control over an action.

CONFLICTS - an emotional tug of war

All of us feel some turmoil or conflict in today's world. Most of our conflicts have their base in our childhood, when we are vulnerable and dependent on other people. If we don't outgrow our fears, or if we bury them, they continue to influence our behaviour, negatively.

Conflicts may be of three categories

1. **Personal** conflicts
2. Built-in Conflicts or **Internal Conflicts** built in over a period of time.
3. **External conflicts** caused by outside persons or events.

SEVEN STAGES OF CONFLICTS

1. **Birth:** when sudden change of environment can be traumatic to the hitherto safely ensconced and protected child.
2. **School Entrance:** When from a safe, secure home with parents in authority the child shifts for several hours daily to a strange new place with a stranger (teacher) in authority.
3. **Puberty:** Which occurs in the stage of adolescence and brings with it the heightened awareness of individualness and the sexual power of procreation.
4. **Adulthood:** When at the age of twenty one, an adult finds he has new privileges and power (legally, politically the right to vote, etc.)
5. **Parenthood:** When the parents become co-creators with God with power over a helpless infant to mould and form a good human being.
6. **Change of life:** Menopause in women and andropause in men causing physical and psychological upheaval of hormonal imbalances.
7. **Old Age:** When a feeling that life is over is dominant. Am I useful and still independent?

Counselling is needed very specially at all these stages.

In India, the adolescent is a person whose individuality has not been sufficiently recognised and encouraged. Due to financial reasons the adolescent is dependent on his parents for many more years than in the West. The emotional dependence is also great, producing what is termed as a Delayed Adolescence.

Adolescence is between twelve to twenty years. A delayed adolescence goes on till twenty five years.

PHYSICAL DEVELOPMENT

Physical growth is the most obvious aspect of adolescence. The rate of increase in height and weight during this period is maximum. The female child accumulates and redistributes fat (10 to 20%).

The most important organised event of adolescence is puberty. Puberty is marked by ovulation in girls, and Spermatogenesis in boys. Adolescence is divided into early, middle and late adolescence in terms of stages of pubertal development.

Early Adolescence is from 10-13 years. The rate of growth increases. Starting first in the hands and feet and later limbs.

Middle Adolescence is from 13-16 years. The peak of the height velocity curve is seen. Auxiliary hair and sweat glands develop. In 80% of girls the dramatic event of menarche occurs. The timing for this is influenced by genetic factors and nutritional status. Any chronic illness can delay puberty. The eruption of the second permanent molar and menarche closely correspond in timing. Menarche is the first menstrual period (12-16 years)

In girls, the Follicle Stimulating Hormone from the pituitary now stimulates the ovaries to secrete Oestrogen. Under the effect of oestrogen the uterus and vagina

mature. Breast and pubic hair development are also under its control. It also controls the time at which bone growth ends and linear growth stops. In Late Adolescence (16-19 years) the body approximates the young adult and development of secondary sex character is completed.

PSYCHOLOGICAL DEVELOPMENT

The three important social groups for an adolescent are his / her family, peer group and school environment.

In Early Adolescence, she starts initiating independence from the family, and has a wish for privacy. There may be a clash between the wish for their autonomy and parental authority.

THE EMERGING ADOLESCENT

Prepubertal boy's and girls' activities directed towards becoming independent are greatly influenced by (1) Identification with parents and (2) Family values and standards. However, when the 10-12 years old reaches puberty, psychological changes and the increasing need for developing self-esteem and self-sufficiency occur and push parental influence into the background.

The adolescent asks for recognition and is aroused by many demands and needs that he makes on himself. The needs of an adolescent must be clearly understood, and met to facilitate a smooth transition to adulthood. I am here to be seen and heard.

In Middle Adolescence, the school and peer group gain importance. Girls develop interpersonal skills quicker, loyalty and commitment matter more, shared information becomes important. Decisions of vocations and education performance and aspirations for better achievement because the physical effects of pubertal development become incorporated into the self image.

Emotions Psycho analytical theories held that adolescence is normally a period of turmoil, marked by a desire for independence, and a quest for sexual identity and maturity. They perceive that by casting off parental images and values they could solidify their own personality structures.

In Late Adolescence career decisions are finally faced. The child gradually returns to the family, on a new footing. They are ready to engage in a dialogue with parents.

More recent studies show that most adolescents are non-critical of parents and very few reject them. In fact, they are more worried about parental disapproval than about disapproval by friends. But they do not show this.

Adolescence means "To Emerge" to achieve "identity". Personhood is what we want the adolescent to attain not just in its physical or intellectual aspects but also in his/her whole humanhood which includes the often neglected but equally important aspects which are emotions or psychological, social and spiritual.

Secondary Adolescence is characterized in psychological changes which motivate the child to abandon a position of dependency, and emotions are often experienced in great intensity.

TERTIARY ADOLESCENCE

- Love, becoming a person, not an attachment in the physical sense. Needs parents and others.
- Esteem and Recognition to develop essential self respect.
- Fulfilment for self actualization.

The physiological needs, at the first level are the most basic aspects of human motivation. These needs pertain to such drives as thirst, hunger, sleep and others essential to the maintenance of life. If the physiological requirements are met, then the safety needs emerge, such as the desire for security, protection, and freedom from danger. At this second level are those needs pertaining to the child's desire for a stable, secure environment. Even at the first level, studies reveal the need for bonding with the mother, the father and the siblings.

ADOLESCENCE - THE NEED

Self Actualisation

Self Esteem

Love and belonging !

At the next level in the hierarchy, love and belonging are the motives for having friends, companions, a family and an identification with a group. These needs of course, involve affiliation, friendship and aspects of sexual behaviour, but as they are satisfied, self-esteem motives become important, involving the desire for respect, confidence and admiration.

At the esteem level, presumably the desire for affectionate relationships, and prestige motives become important. At the highest level is the desire to utilize one's personal capacities, to develop one's potential to the fullest, and to engage in activities for which one is well suited. This level is called self-actualisation.

PRACTICAL NEEDS OF THE ADOLESCENT

BIOLOGICAL

1. Visceral-food, water, sleep, elimination, rest, clothing and shelter
2. Safety needs: suitable temperature, protection from danger and external threats.
3. Sex urges: basis to the perpetuation of the species and individual fulfilment.
4. Sensory, motor needs - need to have sensory and motor exercises.

PSYCHOLOGICAL

1. Need for love and affection
2. Need for approval
3. Need for nurturing
4. Need for affiliation
5. Need for feeling of adequacy
6. Spiritual needs.

EGOISTIC NEEDS

1. Need for dominance
2. Need for autonomy
3. Need for achievement
4. Need for acquisition.
5. Need for retention.
6. Need for cognizance.
7. Need for attention.
8. Need for destruction.

EFFECTS OF NON-SATISFACTION OF NEEDS

1. Anxiety - imaginary fears, tension, fear of reality and responsibility.
2. Social and maladjustment - juvenile delinquency, truancy, rebellion and crime.
3. Psychoneurotic disorders - depressive reactions, obsessive, compulsive reactions and desiccative reactions.
4. Behavioural problems - aggression, destruction and boredom, hostility, exaggerated egoism.

5. Mental disturbances - not being able to cope in the class.
6. Phobias, indecision and feelings of impending catastrophe, psychosis - serious mental behaviour disorders.

HELPING YOUTH TO ASSUME THEIR ROLE: GUIDANCE FOR PARENTS AND TEACHERS

1. Understand the dynamics of behaviour of each student.
2. Assure him that he is loved and wanted at all times.
3. Make your aim and expectation clear.
4. Let him/her have some well defined boundaries and limits within which to act.
5. Provide healthy creative opportunities for the adolescent to grow and develop at his own pace.

MORAL EDUCATION

Vital for Adolescents at this stage to solidify values and desires. Moral education and religious instruction should place a greater emphasis on social ethics, and group ethics.

According to Kohlberg, morality develop in stages, with each successive level stage representing a more mature form of moral reasoning.

Parents are the direct source of moral values. When parents teach children to evaluate the world and their own values, they teach them that right action ultimately lead to self esteem and fulfilment.

Value Activity

1. Discuss your needs as a person. What happens when your needs are not met? Suggest solutions.
2. Discuss the value of the National Anthem.
How close is the National Anthem to your life? How concrete? How effective?
3. Discuss how otherwise to promote loyalty to ideas, which are not to be taken too lightly?

Teach students how to express concern for matters of public interest through debates, public meetings, writing letters to the editor etc. Promote actions for social changes desired: films, exhibitions, open houses cooperating with other active groups like N.S.S., Rotary Lions, Leo Club, Jaycees and Church / Religious related service activities.

CLOTHES AND VALUES: PURPOSE

Whether we like it or not, our clothes often tell other people about us. Something about our values; it would seem important for us to know what message we send through the clothes we wear and to look at what is communicated. This strategy begins this process.

The exercise advances the notion that often we do something hoping that it will have one specific effect while in reality, it may have quite another effect. We do not dress completely unconsciously although some of us work a lot harder at making a statement with our clothes than others.

What I am wearing

Item of Clothing

1. Shirt / Salwar Kameez / Skirt / Blouse
2. Jeans, T-Shirt, Pant, Dress

3. Shoes, Sandals, Hair Style
4. Watch, Jewellery, Scent
5. Saree / Blouse
6. Makeup Cosmetics, What do I want my clothing to say about me.
7. Pierced nostril, ears in boys etc.
8. Other

In the first column you are asked to list in some detail, the clothing you are actually wearing at the time.

In the second column, what you wear often reveals something about your values. We often make statements with our clothes. What do you want to say about yourself with what you picked out to wear today? Examples might be, I want to appear very mod or I want people to know I am in the cricket team or I want to attract attention or convey a deliberate sloppiness. Be as frank as you can and try not to be defensive. Gaining attention with jewellery or clothes is becoming the "in" thing.

What are you talking about? How are you behaving? This is indicative of what you are?

Discuss. Do you agree with this description of The Adolescent!!

Generation Eyes Half Shut !

Generation Apathy !

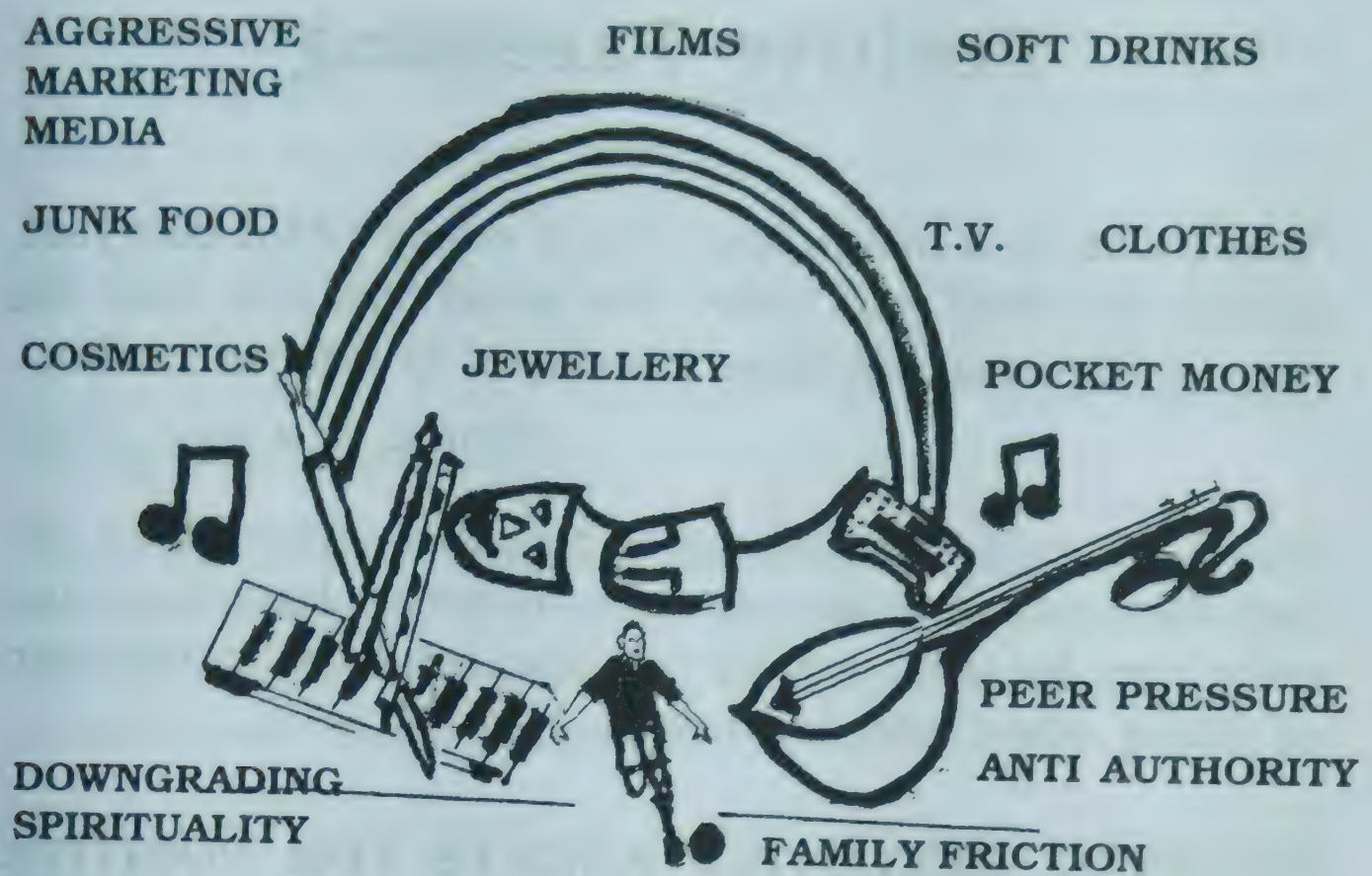
Generation Moral Myopia !

Generation Excitement !

Generation Death !

Generation Confusion !

ADOLESCENT THREATS



A Balanced Diet

- Avoid excess of fats and sweets
- Proteins (protos) comes first as body building foods
- Recommended Iron 35mg for girls, and 25 mg for boys per day.
- Calcium between 500/700 mg per day.



Positive Parenting

"Kindness is a language which every child can feel, which the deaf can hear, the blind can see, and the poor will know because kindness is love in action".

Emilia DaCosta Joshi

Nobel prize Winner Amartya Sen has stressed on the fact that man has the capacity to derive happiness not only from his own welfare but also from the satisfaction of filling other people's needs.

PARENTS: EXECUTIVE AGENTS FOR POSITIVE DEVELOPMENT:

Today parents have an extra burden, to instil a positive attitude in their youth. The onslaught of technology, humanism and materialism are threatening and fragmenting human relations.

Vivekananda has said that: *"The educated in India owe a debt of gratitude to the millions of uneducated in the villages who by their work have helped them be educated in the cities."* This belief should encourage self esteem and a spirit of service in youth and for parents to cultivate as co-educators and agents for positive change.

Parents and children are bonded for a lifetime. Even if a parent dies, children hold his/her memory values and even habits in their hearts and minds. Unfortunately too many parents are **PART TIME PARENTS**, and too many youth "door openers" coming home from study or work and opening the door of an empty home!

Anand, a 17 year old was so disturbed by his parents work hours (9 am - 7 pm, mother's and 9 am - 9 pm; father's) affairs that he felt cheated and started to hang out with friends, ask for expensive gifts, pushed by his peers, like a Computer and a Scooter which he knew his parents could afford. The one child family of his did not need both parents to work full time with long hours. Counselling the concerned and essentially caring parents who admitted to being "part time" found that they could change their working hours easily.

There was a compromise, meals to be shared and prayers too with outings whenever possible and allowing a devoted uncle to meet often at home to make up the family circle at weekends.

"If you want your children to turn out well, spend twice as much time with them and half as much money on them".

FREEDOM: The best definition and explanation for freedom has been given by Tagore who believed that "Freedom is to be able to do what you have been created for" What do youth at home - what does an institution - what does a company believe they have been created for? That is an important question to face!

PARENTS CODE

Freedom - Responsibility and Guidance must go hand in hand

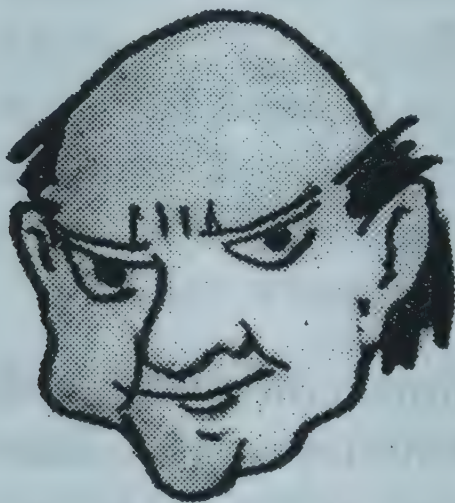
You can find out how best to do it - by adialogue between the father and mother

DIALOGUE AND SHARING - YES!

Elders must give young people graded responsibility which involves freedom and runs the risk of mistakes being made. This in turn demands a greater amount of communication, dialogue and guidance. Young people

are actually looking for this guidance provided in a more demonstrative way than in an authoritative way.

"Husbands, if you want to love your child, love its Mother first"- the primary dialogue and example in acting.



PARENTING KNOWLEDGE

Erikson has made two profound observations about youth. They have tremendous energy and enthusiasm on the one hand and crave change on the other. These two characteristics, combined with hope and faith can be channelised to produce the highest levels of creativity of a Uday Shankar or Ramanujam, Mother Teresa or Sen. or most important of all, a good human being.

EIGHT STAGES OF HUMAN BEING

Psychosocial State		Task or Crisis	Social conditions	Psycho-social outcome
Stage 1 (birth to 1 year)	Oral Sensory	Can I trust the world?	Support and provision of basic needs	Basic Trust
			Lack of support and depression.	Basic Distrust
Stage 2 (2-3 years)	Muscular annual	Can I control my own behaviour?	Permissiveness & support over-protection and lack of support.	Autonomy Shame and doubt.

Stage 3 (4-5 years)	Locomotors genital	Can I become independent of my parents by exploring my limits?	Encouragement to explore. Lack of opportunity to explore.	Initiative Guilt
Stage 4 (6-11 years)	Latency	Can I master the necessary skills to adapt?	Adequate training and encouragement. Poor training and lack of support.	Industry & Inferiority
Stage 5 (12-18 years)	Puberty and Adolescence	Who am I? What are my beliefs, feelings and attitudes?	Intellectual stability and positive feedback and confusion of purpose and unclear feedback.	Role confusion
Stage 6 (young adulthood)	Young Adulthood	Can I give myself fully to another?	Warmth and sharing and loneliness.	Intimacy & Isolation
Stage 7 (Adulthood)	Adulthood	What can I offer succeeding generations?	Purposefulness and productivity, lack of growth and regression.	Generativity and Stagnation
Stage 8 (Maturity)	Maturity	Have I found contentment and satisfaction through my life's work and play?	Unity and fulfilment and disgust and dissatisfaction.	Integrity and Despair

Erikson

MEDIA POWER

George Comstock of Syracuse University, USA, reviewed 190 research projects over 30 years on television violence. He found a very solid relationship between viewing anti-social portrayals or violent episodes and behaving anti-socially. Professor Sims and Gray (Psychiatrist & pediatrician, respectively) reviewed a vast world literature of more than 1000 papers, linking heavy exposure to media violence with subsequent 'aggressive behaviour' (The Psychologist, 94' June)

GUIDELINES TO RESOLVE CONFLICTS

The active non-violence of Gandhi or Nelson Mandela are often admired from afar, little realizing that their examples can be assimilated into an attitude and behaviour that will bring the all important and balanced self esteem to the fore and 'cure' every dysfunction with parental help.

SHARED LAUGHTER

Scientists have proved what everyone takes for granted, that laughter is good. It turns out that even the anticipation of watching a funny video can raise the levels of immune-boosting hormones in the blood.

Lee Berk of Loma Linda University found that people expecting to watch a funny movie had 27 percent more beta-endorphins and 87 percent more human growth hormone in their blood compared with a control group.

Results suggest that, the anticipation of laughter or a joyful event initiates changes in neuroendocrine response prior to the onset of the event itself. "These changes would appear to carry important, positive implications for wellness, disease prevention and certainly stress-reduction," he added.

Dr. Berk said that laughter diminishes the secretion of the body's stress hormones, cortisol and epinephrine, while enhancing immune response." In addition, mirthful laughter boosts secretion of growth hormones, and is an enhancer of these same key immune response. The physiological effects of a one-hour viewing of a humorous video can last upto 24 hours. Experiments have shown that symptoms of long term stress can be offset by comical videos, boosting the immune response to viruses and tumours.

SHARED PRAYER

Prayer turns a key within oneself to open up ones deepest relationship with oneself and God and a whole new vision of life opens up like a sunflower catching the bright and healing rays of sun.

I personally remember what an impression it made on me as a young girl to see my father an imposing figure in society kneel and pray to God. I realised that my all powerful father also submitted to authority and consequently I too must. Simple shared prayers encourages unburdening, creates a bond that can never be broken even if strained as God is part of it, and is a therapeutic tool for healing relationships.

RESPONDING TO NEEDS

As one authority says, it is a good thing for an adolescent to be childlike Dr. Northway of the Institute of Child Study, Toronto says, "An adolescent who would not be immature would be a psychological or physiological freak since an adolescent must be child like. Elders must direct them towards maturity. We tend to use the word 'immature' for anyone who aggravates us or causes us displeasure.

Parents need to spend quality time with their children, and provide the following A's and C's:

A = Children's Needs

C = Parents help by responsibility.

- | | |
|------------------------------|---------------|
| 1. Acceptance expressed as | Concern |
| 2. Affection expressed as | Caring |
| 3. Attention expressed as | Continuity |
| 4. Affiliation expressed as | Community |
| 5. Appreciation expressed as | Communication |

Follow these guidelines and you can meet every crisis positively.

PARENTAL SKILLS IN EVERYDAY LIFE:

"Trust your instincts and enjoy your children", says Anne Atkins.

Dr. Frances Johnson shows the Seven Steps in developing Responsibility.

- 1) The parents must assume responsibility for the child cheerfully.
- 2) Take advantage of the child's desire to do things for him/herself.
Encourage initiatives, but be prepared for the possibility that responsibility may prove too much for the adolescent and s/he may ask the parents to take over once again.
- 3) Help the adolescent see that what s/he does is important to others, and that their work is needed and appreciated. It is good to have an exchange of tasks. For example the adolescent washes the dishes, while the mother works on his puzzle/books.

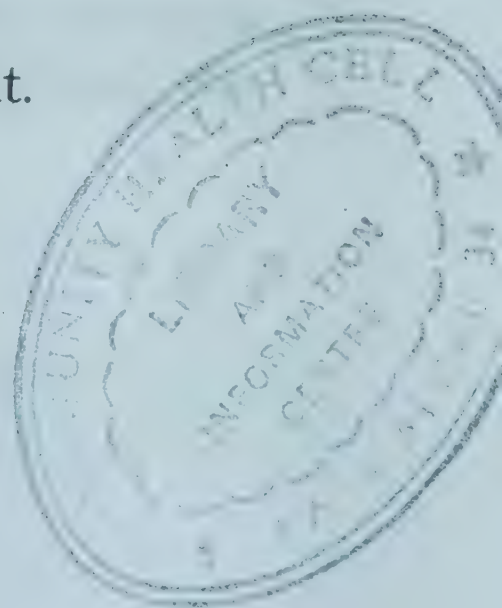
- 4) Give the adolescent a part in choosing jobs around the house. Rotate jobs periodically to provide a fair division of work, variety and interests between boys and girls.
- 5) Remain calm when mistakes occur. This way they will be able to see the relation between their action and the resulting mistake. If parents withdraw, they will fail to see the relationship between broken dishes and soapy hands, or whatever caused the domestic disaster.
- 6) An education by their own life and example of authentic sexuality, masculinity, femininity, friendship vocation and marriage.
- 7) Parents should present a united front on important issues for this they need to be bonded in values and ideals.
- 8) Finally, to allow adolescents to plan and accept full responsibility for their actions. They will bring their plans to you and expect you to approve them if they are good. And, they will accept your advice and guidance if their plans are not good.

"Daisies bloom where they find room, and this is true of people too."

WHAT IS LIFE?

LIFE IS A - A Challenge - Meet It.

Gift	-	Accept it
Sorrow	-	Overcome it.
Duty	-	Perform it.
Game	-	Play it
Song	-	Sing it
Promise	-	Fulfil it
Puzzle	-	Enjoy it
Beauty	-	Praise it



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1. "Marriage does continue to have advantages which are not sufficiently trumpeted. Support for marriage would have economic as well as social advantages for the public and for the State.
2. "I would suggest that divorce is not a private matter for the couple and their children. There are about 150,000 divorces a year. Their resolution also affects the community and the state. The emotional effect upon many people of the breakdown of their marriage may have an adverse effect upon the workplace, social life, relatives and friends. I suggest that a company director may not make as good decisions for his company if he and his wife are in the throes of a traumatic divorce. According to research, the effect on children may be very serious indeed and may have long term as well as short-term consequences such as difficulties in forming stable adult relationships. The family courts are clogged with disputes post divorce relating to children, housing, financial arrangements, injunction and non-molestation orders.

VALUE ACTIVITY

1. Discuss "What is life"
2. Discuss the two statements above (1 & 2)
3. Do you have a friend like Anand (see beginning of chapter) How could you help him?
4. What did your parents tell you about sex? Did you ask them? If no, why not?



The Evolution of the Family

My Environment

In the midst of great social economic and political changes over centuries, India has a long heritage of stable family life and structure. The spirit of family solidarity has remained a sustaining power, which has provided meaning to the daily lives of our people. In the recent (1998) Asian economic upheaval it was the family support that propped up India.

CHANGES

A silent social transformation is taking place in the Indian family, with the educated women breaking away from accepted "family tradition and family controls and looking beyond her home for self expression."

There is a shift from the 'sacred' family centered on moral and religious values, to the secular family with its rational and pragmatic philosophy which leads to family members adopting new goals for themselves and the community. Family professionals and practices are changing constantly.

Indian family includes families which are different to each other as regards religion, culture, temperament and way of life. There are the Hindus who form the majority, Christians who came in the first century, the Sikhs, Buddhists, Parsis, Jains and the Muslims who came much later, but share many common characteristics.

TYPES OF FAMILY PATTERNS

The traditional pattern of living in India was that of a joint family, whose members were bound together by

ties of common ancestry and common property. Now, in India we find three types of family structures.

- i) The Large Joint Family
- ii) The Nuclear Family
- iii) The Stem or Extended Family.

THE LARGE JOINT FAMILY

In structure it comprises a married couple, the father, mother, grandmother and or grandfather and his collateral, and includes three or more generations. This "family" (along with their spouses and children) occupy the same dwelling, worship together, and enjoy property in common. They cooperate in economic activity, and even if the members are differently occupied, pool their earnings and wealth.

The joint family provides care for the sick, the aged and afflicted, social security for the unemployed and support for moral and social obligations. The members of this unit are closely knit. They share various routines, problems and joys of daily living, have strong feelings of mutual obligations during a crisis, and regard self-interest as being identical with family welfare.

The joint family provides an umbrella of support which covered financial loss, decease of a spouse, social security and even provided informal counselling wherever it exists today.

The joint family is more frequently found among Hindus than amongst other communities, in agriculturists, rather than traders, clerical and professional workers.

ADVANTAGES OF THE JOINT FAMILY

The traditional joint family has certain advantages. The aged and the infirm were assured of respect, shelter and protection. The child, grew up in an atmosphere of

security and affection, both essential for the growth and development of personality. There was no problem of single or neglected child. The son grew into his father's profession, acquiring confidence and skill in the family business through an almost life-long association.

The young wife and mother too, learnt a great deal from the wisdom and experience of other older women in the family who normally took charge of food, clothing, etc.

Sex education as we know it today, was provided by the normal unfolding of events, birth, maturation, marriage and death taking place in the household itself.

The Joint family also had its own values and internal regulations. There seems to have been no difficulty of boy-girl relationship as there was a fixed code of conduct. Misconduct was not dismissed easily.

Marriages were arranged by parents and there was rarely the problem of the single woman. Married women were not expected to work outside their homes, except in the case of the poor labouring classes. The problem of working wives and mother, which we now have to face in urban India, did not arise.

DISADVANTAGES OF JOINT FAMILY

The Joint Family, however, has not been without its drawbacks. Being tradition bound, the family protocol left little room for a gifted individual to take any leadership. And as individual effort would not bring any personal gain, there was not enough incentive for hard work. The joint family, by and large, left little scope for enterprise, experimenting and initiative, and made for rigidity of custom and resistance to change.

Secularisation of life and the growth of an individualistic philosophy are incompatible with joint family living. The individual's right to pursue his/her own goals, the

conformity to family traditions and the acceptance of family controls required painful confrontations.

In small joint family, two married brothers live together with their families. There are indications that the joint family is now making a return since domestic help and the working wife and mother are now increasingly seen.

Practical changes are taking place in spheres of civil, social, economic and cultural life. Better educational facilities and increased wage earning opportunities have affected the social structure of the family.

The traditional joint family and the familistic rural framework have been under-going a qualitative transformation. The basis of rural family relationships from that of its strong joint family with its firm established centre to that of the nuclear family with its members forming a constantly shifting pattern." (A.R. Desai)

BREAK UP OF JOINT FAMILY

One important change that has affected family life in India, is the break up of the joint family system. In the new family pattern, both parents work and go their way and children go their own way. Often working parents have little time to spend as a family and the adolescents pulsating with new energy and full of new experiences and questions, begin to get estranged from their part-time parents. They then turn to peers and media for their role models. We see the power of peers and media increase as the family influences decrease.

Radio, Movies, Computers, Televisions cheap literature and other media for communication confuse their moral growth and transmit shallow short lived goals separate them further from the older generation still further.

THE SIMPLE NUCLEAR FAMILY

In this family, the western pattern of small nuclear families is increasingly found in urban areas. Here parents live with their unmarried children. A married son finds a new home and lives away from his parents and his brothers and sisters.

WOMEN - THE JOINT FAMILY MENTALITY

The spread of liberal education, the new ideas of equality and self-respect, the value attached to the development of individual personality, and the desire for economic and social freedom, are some of the main factors which are affecting the pattern of marriage and family life, and drawing women away from their hitherto major field of responsibility i.e., the management of the home.

Education and work outside the home has brought to women opportunities of widening their outlook and developing their social personality. Participation in work outside the family implies that their latent social and creative energies are given fuller scope. If not well managed this could be the detriment of women themselves, their marriage or their children in particular.

However, today the mentality of the joint family persists, for even in urban areas, where the family is nuclear, the contact and family ties are preserved to a surprising extent. Major decisions are taken after consultation and discussion with elders and others.

THE STEM OR EXTENDED FAMILY

This nuclear family lives with one or both grandparents or aunt or uncle. This arrangement is suitable for a working wife or mother, where domestic help is scarce or unreliable. The elder is a 'parent figure and provides security and affection.

There are two family systems in India which are slowly disappearing - the Matriarchal system where descent is traced through the mother, children are raised in the home of the wife's relatives, and the husband has a secondary position in the home of his wife and children: The authority within the family group belongs not to the husband but to some representative of the wife's kin. This pattern is uncommon but still exists among the Nairs of Malabar and the Khasis of Meghalaya.

The Patriarchal System: In its extreme form vests all authority with the head of the household the father.

In the Bilateral systems, the emphasis is about equal for both the father and mother.

The Indian family is also continually exposed to ideas directly influenced by changes in marriage and society patterns and practices. Some are due to education directly, or to other influences.

Among them are:

1. A new respect for the maximum development of every individual person.
2. Certain aspects of the traditional types of marriages and family pattern in India, which are incompatible with a love marriage.
3. The structure of Indian society is also slowly changing, and this is reflected in the increased number of intercaste and intercommunity marriages.
4. Today boys and girls meet in school, college or at work and with the increasingly great social freedom awarded, make their own choice of marriage partner. However, since the family and community patterns of social and religious life still persist, the Youth are more likely to meet others from the same social-religious background.

However, one often finds what is referred to as the "Arranged Love Marriages," where a mature man and woman (who know full well what marriage and family life entail) meet and like each other, and the parents then arrange the marriage according to the traditional custom. Such a couple usually come from the same background and hold common vital values.

Such "arranged love marriages" are becoming increasingly more common and are to be encouraged, as they are a healthy compromise between the traditional and the modern and tend to preserve the qualities which contribute to a happy marriage.

Cultural, social and religious practices still keep the family together and it is hoped that the Indian family will continue its rich resources and never loses its essential strength and stability and like an oyster which closes its hurt with a pearl be a source of joy for generations to come.

Value Activity

1. What sort of family do you live in? Discuss the strengths and weaknesses in your family.
2. Some same sex or single parents cannot give the child what both parents can. For the child both father and mother in the normal practice are needed for holistic development. Divorced parents are a source of great stress to a child.

Be human and respect human dignity

- Robert Bosch

Family life education for Development

DEFINITION:

"Family Life Education is an education that aims to inculcate a sound system of values precious to family life, in order to develop the proper attitudes, skills and necessary communications to achieve and maintain stable and satisfying relationships".

Dr. Alfred Mascarenhas

The 'priority' in values and the need to 'relate' need to be emphasized today.

Family Life Education is an education in Values and Relationships.

Family Life Education is so called, because every individual comes from a family and every individual lives in a family or community of persons where life consists of a series of inter-relationships, and where values determine the ethos of life.

GOALS OF FAMILY LIFE EDUCATION

1. To inculcate a sound system of values with correct priorities.
2. To help youth acquire the skills necessary to develop and maintain satisfying and stable relationships in the process of growing up,
3. In the process of reaching these goals, the following objectives are to be achieved.

OBJECTIVE OF FAMILY LIFE EDUCATION

1. To supplement the education given by the family especially by the parents in the home, and the teacher in the school.
2. To develop a good character or personality in the growing child and adolescent and provide them with good moral and spiritual code, conducive to wholesome living which will meet the challenges of today.
3. Wherever parents abdicate their responsibility, Family Life Education will seek to fill the gap in the school, society or college, helping them to develop a sense of right and wrong, choose good role models and set their own goals.

NEED

Development has opened up new opportunities and new roles to family members - husband and wife, father, mother and children. But it has also brought new problems and upset certain traditional family morals and values. The family institution is still the core of society and has not experienced a general disintegration. But disintegration and dysfunction have set in to prevent further disintegration of the Indian home in terms of strained human relations. It is imperative that we study the new opportunities and tasks, new needs and problems facing the families. We must discover how family and social patterns can be renewed to meet the change and challenge of the nineties and thus improve the quality of family and social living.

Development has brought greater wealth but not the knowledge to use it wisely

Family development through an integrated programme of family life education and family welfare services,

families can help develop the strength to meet their needs in these changing times and gradually assume responsibility for the transformation of society with an energy that is wholesome and strong.

The average family in India today is experiencing the influence of many fundamental social changes.

TRANSITION from rural society to urban society and ever increasing industrialization brings with it the uprooting of families from an established and secure traditional background to a comparative urban insecurity.

The process of development brings with it greater wealth for some families

Greater and more liberal educational facilities, and therefore, exposure (often without guidance) to new and often conflicting ideologies are present. This is dangerous and parents need help and encouragement to combat these trends.

The established fact of the working wife and mother with consequent lessened supervision of the young.

Mass communication media bringing opinions and views from the most permissive societies of the world to our youth creates confusion in the minds of both literate and illiterate that "Westernisation and Modernisation".

Culture, which is the art of living in harmony with the people and the environment, was blended with ethics and God's presence

The challenges from science which advanced by leaps and bounds in the last fifty years has not been met by ethics or theology. Sociology and psychology do not have the answer, neither has technology nor psychology.

While individuality is important to recognize, family life education promotes the concept of human dignity, integrity and solidarity in a community, family or society and this is of paramount importance in a rapidly fragmenting society.

Elders often contribute much of the hypocrisy and double standards that youth accuse us of and the false thinking that has coloured our policies, education, family life and even professional work.

These demands are manifested in considerable stresses and strains. Families need assistance to re-adjust before the tensions become so severe as to induce disorganisation and even disintegration. The family is truly in the eye of the storm.

In designing a course in Family Life Education, ensure that it achieves these objectives

1. Maintain the closeness and solidarity of the traditional Indian family but rejecting practices of caste and dowry and retaining healthy wholesome practice.
2. Facing conflicts with confidence and responsibility in study, work and marriage. Education to enrich society through its members.
3. To achieve competency in the field of sexuality and to integrate it gently into one's personality.
4. Provide counselling informally whenever required and at an early stage.

Family structure and children's educational outcomes

A comprehensive literature review undertaken by the team of researchers led by Prof. Barbara Schneider at the University of Chicago has concluded that family structure significantly affects the academic and social development of children.

Having taken account of the various methodological limitations of the studies reviewed, the researchers found that children living with their own married parents:

- had fewer emotional and behavioural problems,
- enjoyed better health,
- did better academically,
- were less likely to smoke, drink and take drugs,
- were less likely to be sexually active or engage in crime, and
- had lower levels of stress, depression and anxiety.

If family structure in the USA were as strong today as it was in 1970.

643,000 fewer children each year would fail a grade at school;

1,040,000 fewer children each year would be suspended from school;

531,000 fewer children each year would need psychotherapy;

453,000 fewer children each year would be involved in violence;

515,000 fewer children each year would be cigarette smokers;

179,000 fewer children each year would consider suicide;

71,000 fewer children each year would attempt suicide.

Source: Paul R. Amato, 'The Impact of Family Formation Change on the Cognitive, Social, and Emotional Well-Being of the Next Generation', The Future of Children, Fall 2005, Cited in The Center for Marriage and Families research brief on 'Family Structure and Children's Educational Outcomes'

(Reference: Family & Youth Concern Bulletin, UK Spring 2006)

VALUE ACTIVITY

1. To discuss the tables and how the statistics and situations would be in India.
2. School/College is the place where growing children come to grips with their emotional integration into the larger society. Is there a better place then for schooling in emotions? Discuss and give alternatives.

Family Life Syllabus provided on request from CREST.



"Education is the leading of human minds to what is best, and learning to like to do what is best".

John Ruskin

The Teacher

A Co-Educator

EDUCATIONAL TECHNOLOGY CANNOT SUBSTITUTE OR SUPPLANT THE ROLE OF THE TEACHER EVEN TODAY!

Vidya or education has a three fold meaning in life. Vidya is the acquisition of knowledge about life, life skills, nature and naturalness of life. Vidya shatters superstitions, myths; abstract thinking to reach the truth. Vidya is a way of life. So eventually Vidya subscribes to knowledge, attitudes, values and skills. It involves the head, the heart and the hand. So it is an integrated, holistic approach to life and living, nurturing the wholesomeness of individuals (students) by the nurturer, the mentor, the facilitator (the teacher) based on the living life experience or life education based on intrinsic, cognitive values and relationships. The teaching-learning process places, a responsive responsibility on the Educant, the Educator and the place of education i.e. the educational institution. The business of education has impact on:

Integrated view of life:- The essence of education is to deal with the meaning of life. Hence a proper value orientation of education becomes imperative to the imparter of education i.e. the teacher / educator. Each and every being is a teacher; he affects the people with his personality and philosophy of life. All of the receivers of life knowledge are students.

"TODAY A TEACHER IS A MENTOR, A FACILITATOR, A REFORMER, A SOCIOLOGIST, A PSYCHOLOGIST, A COUNSELLOR, A ROLE MODEL & POWER HOUSE OF INTEGRATED VALUES."

Guru Brahmaa Guru Vishnuh
Guru Devo Maheshvarah;
Gurureva Param Brahmaa
Tasmai Shree Gurave Namah.

Teacher the Guru: It is indeed a strange phenomenon that a human child has to depend on its elders for its survival, for a long period. No doubt all children are born with latent talents. But these talents have to be developed and guided in children by the teacher to achieve secular and spiritual perfection. So the teacher is the guide for every human being. The word "Guru" consists of two letters Gu and Ru. Gu means 'ignorance' and Ru means 'one who removes it.' (Swami Raghaveshananda)

Teacher-the Mentor: The word 'Mentor' comes from Greek mythology. Mentor was the tutor of the son of Odysseus. The word stands for a loyal, wise and helpful friend, some one who teaches not pout of books but out of life. It stands for someone from whom you can learn at first hand. A mentor establishes a close bond which is never forgotten. A mentor is an animator, a facilitator, a companion and more. A mentor leads a student into the apprenticeship of life. Is this the same as a guru? Perhaps, but without the connection of directive authority which being a guru may apply.

She cares & nourishes the self esteem, self worth and self confidence of her students.

Teacher-the Facilitator: Of life skills, creative positive thinking based on independent logic & reasoning. She plays the role of facilitator by inspiring, igniting, challenging the minds of the querulous, open-minded, positive thinking, creative and enthused youth [students].

Teacher-the Reformer: The first task is to educate, but it is also to reform society indirectly through the formation of persons, and the University world should

provide the blue print for the winds of change and the direction to be taken by education.

Men educate each other through the mediation of the world. Vivekananda wrote that "True Education is the manifestation of the perfection already in man."

In the quest for material gain and the importance given to humanism, man has damaged his holistic nature especially in the spiritual, emotional and social aspects.

Teacher-the Sociologist: Large numbers of diversified culture, creed, caste, religion, form the student community, social norms, social values, social relationships, socially integrates each individual into social groups strengthening society as a whole.

Teacher-the Psychologist: Who understands the inner needs of the students, inner strengths and weaknesses and the teacher advocates strengthening and nurturing the inner you, empowering a student's self esteem and self worth, there by promoting a mentally healthy student community.

Teacher-the Counsellor: Directs and guides students to understand their inner and outer self to promote healthy intra and inter relationships to change and adapt and circumvent obstacles of emotional-social-psychological nature or growth.

Teacher-A role model: A power house of integrated values: Life has been her teacher; family life offers an adequate platform to imbibe values and life experience. Being older and more mature than her students is enriched with experiential learning process. She presents this dynamic & humane personality in her interactions with students and their parents and her co-workers. Her academic qualifications justify further her edge over her students with frequent inter-stimulation lectures, her self and her students-values are validated, vibrated,

absorbed by the students and the co-workers and facilities. For her, her learning experiences are varied and from a varied socio-cultural, difference of interests' base strengthens her role as a life skill trainer, values nurturers, life promoter and facilitator.

Today the teacher is also a socio-moral police, a protector, a leader bonded to the student, whose life is in physical, physiological & psychological jeopardy. The strong nexus of distractions detracts from a sound inner development. A well informed teacher is observant, alert and action oriented in handling all kinds of distractions, addictions and social global disturbances, diseases and disasters. She builds an inner net to buffer, entrap, cope and shoot back all traces and ruminants of social evils and personality damage. She helps them to spring back in adversity and failure. She supports and harbours positive and creative thinkers and doers, all finding their roots from the values we learn from the teachers, the peers and the socio-educational set up of circumstances. The teacher always aspires & hopes that her students will be inspired achievers with a humane touch, contributing to family, society and a healthy nation.

The Vedantas have aptly placed the teacher in the care and custody and equal footing as the Creator. He has entrusted the powers in the teacher in making a human being in harmony with nature

Daniel Webster (author of Webster dictionary) was known as a student to be untidy. The teacher exasperated at his frequent appearance with dirty hands would thrash him. However, he always appeared in the same condition. Every time she would ask him to hold out his hand for her to check, Daniel would immediately spit on his palm to clean his hands and rub it on his trousers and then hold it out for her to see the teacher exclaimed "Daniel if you find another hand dirtier than yours then I'll let you off ", Daniel put out his other hand for her to see.

Teachers and parents who are teachers must not mould children in their view nor should they under-estimate or humiliate them for many of them blossom and make a mark in life be it Einstein or Edison.

Teacher the scholar: It is true that a teacher is more genuine when she is a learner than a learned one. In a certain sense what a teacher teaches is him/her self. Teacher who are linked with meaningful things in life, those who show grace under pressure, those who have genuine enthusiasm in their subjects, those who constantly re-generate educational concepts and teaching learning processes are true scholars who have a personal commitment to values in life. Teachers are genuine scholars not being the repository of all knowledge that is available... but to create and sustain a database for interactive, meaningful and purposeful teaching-learning process.

Teachers are scientists who apply research methodologies of cross section/configuring experimental approach and tools (observations, rating scales, statistics) on a class (sample) to achieve their 'aim' of the study, procedures to be followed, computing discussion and analysis of the inputs, data, situations leading to conclusions, recommendations leading to an urge to explore more about the fields of study, the teaching-learning process, faculty inter-relationships, administration and monetary evaluation, etc.

They are assiduous investigators in a quest for new knowledge, skills, attitude and behavior. More importantly the teachers in the scientist and the scholar in the teacher are but complementary facets of a truly dynamic educator (S. Swaminathan folio, March 1998)

Teachers are parents too and parents are teachers too: The United Nations 1989 Convention on the Rights of the Child sets out that "Children have a right to

parental care, equality, health, education, play and leisure time, the freedom to express their opinion, to receive information and be heard, to be raised without violence, to be protected against war and displacement, to be protected against economic and sexual exploitation and to be provided assistance when they are handicapped." Thus teachers also need to provide care and support to the parents as co-educators and in active partnership with each other. Love, a good family background, kindness, patience, devotion, understanding, humour and emotional-spiritual dimensions will provide a haven of peace and happiness at home and at school. Parents and teachers should provide the following C's to fill the five A's or needs of the child:

- i. Acceptance expressed as Concern
- ii. Affection expressed as Caring
- iii. Attention expressed as Commitment
- iv. Affiliation expressed as Continuity
- v. Appreciation expressed as Communication

A CASE STUDY

The girl stood as her name was called out. A good rank and a medal for the best effort. Before she took to the stage a face flashed before her eyes. It was the face of her old teacher gently coaxing her telling her "you can do it, nothing is impossible, my dear. You have all that it takes to do very well." The girl had struggled all these years for this honour at her graduation and she had achieved it, she had reached her full potential. As she rose to start her proud walk to the stage, the years flashed by and she saw her teacher small in stature but large in wisdom, believing in her, encouraging her onwards.

"Thank you ma'am," she said softly. "Had it not been for you I wouldn't have walked to the stage today. God bless you. I promise you to do my best for others someday"

Yes the seeds of a winner were sown by the teacher and nurtured and encouraged by her parents - the two together had brought her out as a winner. Every teacher and parent is proud when a child becomes a good and successful human being.

Abraham Lincoln's Letter to His Son's Teacher

Dear Teacher,

**He will have to learn, I know,
that all men are not just,
all men are not true.**

**But teach him also that
for every scoundrel there is a hero;
that for every selfish Politician,
there is a dedicated Leader...**

Teach him for every enemy there is a friend,

**Steer him away from envy,
if you can,
teach him the secret of
quiet laughter.**

**Let him learn early that
the bullies are the easiest to lick...**

**Teach him, if you can,
the wonder of books...**

**But also give him quiet time
to ponder the eternal mystery of birds in the sky,
bees in the sun,
and the flowers on a green hillside.**

**In the school teach him
it is far honourable to fail
than to cheat...**

**Teach him to have faith
in his own ideas,
even if everyone tells him
they are wrong...**

Teach him to be gentle
with gentle people,
and tough with the tough.

Try to give my child
the strength not to follow the crowd
when everyone is getting on the band wagon...
Teach him to listen to all men...
but teach him also to filter
all he hears on a screen of truth,
and take only the good
that comes through.
Teach him if you can,
how to laugh when he is sad...

Teach him there is no shame in tears,
Teach him to scoff at cynics
and to beware of too much sweetness...
Teach him to sell his brawn
and brain to the highest bidders
but never to put a price-tag
on his heart and soul.

Teach him to close his ears
to a howling mob
and to stand and fight
if he thinks he's right.
Treat him gently,
but do not cuddle him,
because only the test
of fire makes fine steel.

Let him have the courage
to be impatient...
let him have the patience to be brave.
Teach him always
to have sublime faith in himself,

*because then he will have
sublime faith in mankind.*

*This is a big order,
but see what you can do...
He is such a fine fellow,
my son!*



AN OATH OF A TEACHER:

"I PROMISE TO BRING OUT THE BEST IN MIND, BODY AND SPIRIT OF MY STUDENTS. I PROMISE TO DEVELOP A HUMANE SENSITIVITY TO LOVE, SHARE, COPE, HOPE POSITIVELY. I PROMISE TO ACCEPT THE NATURE IN AND AROUND MY STUDENTS, LET ME BRING OUT INITIATIVENESS AND FEARLESSNESS IN ALL THOSE WHO COME UNDER MY CARE. GOD PLEASE HELP ME TO DO SO."

**This chapter is contributed by
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The Family

A Resource Par Excellence

"The family is thus the very first cell in the social structure, the very first social union, which is indispensable and without which there are no children, no women, no human society. Marriage and family are a union for which there is no substitute. Nothing can take their place. You can even say 'as the families are, so will mankind be.'"

John Paul II

THE FAMILY: NATURAL ENVIRONMENT

Education comes from the Latin word "Educare" i.e. to bring to a wholesome or full development, and the family does this best. All five aspects i.e., Physical, Mental, Emotional, Social & Spiritual are when integrated into one the potential or 'Potent' factor or power always comes from the family i.e., hereditary and from the environment.

The Natural Environment is the Family or the First Community experienced by a child.

THE FIRST LABORATORY OF RELATIONSHIPS: EXPERIMENTING, REFINING AND CONSOLIDATING

It is in the family that an individual learns or is educated into the essence and the richness of relationships. The word "FAMILY" originates from the Latin Word "fames" the opposite of famine, and is meant to be a place of sharing and caring, and this is what is called Nurturing or Development. Both parents and siblings provide experimental relationship, giving and taking, sharing and

caring which if well learnt will continue throughout life in the place of work and home. All of life's skills can be fostered in the family.

From conception, we can study the authentic human characteristics and marvelous progress of human development.

The first relational experience comes when the expectant mother and her child who can and recognize her voice through sound waves transmitted to him/her in the surrounding amniotic fluid, develop a bonding in the first laboratory of relationship. Discovering thereafter nurturing and maturing the relationship within me, the personal relationship with my deepest source, God, and integrating my feelings and behaviour to its richest expression within the family or community is the next step.

The "Touch" and "Stroking" of mother to child complemented by Breast Feeding and holding close, giving the initial security needed, so much needed by this skin to skin contact so that one of the questions asked by a counsellor or of an alcoholic is "were you breast fed by your mother and for how long?" "She/he who has not sucked at the breast is likely to suck the bottle".

THE FAMILY - THE FIRST SCHOOL OF LOVE

"The need to be wanted and loved is a universal need" (Mother Teresa). The psychologists confirm this fact but "to learn to love is hardwork".

Today there is much fragmentation in human relationships, while continuity of love is needed. Love in today's experience has seldom looked so broken in its relationships. A family provides the continuity which we humans need. The pull of generations in a family especially (and firm) is left.

In our intensely complex and demanding society, the hunger and thirst for Friendship, Intimacy, Union and Communion are immense, but it has never been so difficult to satisfy that hunger or quench this thirst. This greatest need is best expressed in a loving family.

It is proven that children grow best in an environment of security and affection. Material attributes can never be substituted for true Love and Concern that both parents give.

Love is caring, sharing, needing and giving, and it is only within the many relationships and experiences that family life. So abundantly provided, the child, as well as its parents, can individually and together develop into mature persons.

HOME

This world is precious because the "Home" is not just a place where we live but also a place where we are understood. The joys we experience today had their birth yesterday. The tragedies we suffer today were apparent in the warning signs of yesterday. Hence for all the 'tomorrows' of our youth we have to prepare ourselves today and this is especially true of family life, which is the first school of learning about love and life.

DIFFERENT FAMILIES

Some families are nurturing places where people learn about their abilities, practices giving and receiving love and dare to dream what they might become.

It is the family, experimenting in feelings and actions that give body and weight from the communications which is the lifeblood of any relationship come the best learning experience in forming satisfying and stable relationships.

Love (taken from Latin) ob = audire = to listen with great attentiveness, "Listen to the voice of Love". The Latin word for deaf is 'Surdus' to be completely deaf is to be 'absurdus' or absurd. Not to listen is negative body language", we can be unloving or warmly welcoming and loving.

When we no longer reflect or meditate or pray, we no longer listen to the voice of Love and become Deaf and our lives become absurd, thrown back and forth between the past and future. There is no grounding in security in believing that we are Loved.

When a person feels and believes she/she is loved, s/he can feel unhappy about some aspect but because "Love, is a decision taken to Love", she/he can still 'feel' joy because and hope to return to a state of happiness.



FAMILY

WHAT MAKES THE DIFFERENCE?

The way a family communicates.

"A word or a look can lock someone in their own world by turning a key. The key that opens the door to your world is still a look or a word. The difference - effective communication motivated by ties of love and concern". Hence the great importance of both body language/eye contact, touch etc. and verbal affirmation.

DEFINITION - A FAMILY - A COMMUNITY

A family is a community of people living together in an environment, which is a centre of healing, a place where one can live, where one can admit one's frustrations, stupidities and anger to people who do not have to retaliate. To be oneself without pretence.

The family has vital and organic links with society, since it is its foundation and nourishes it continually, in the service of life. It is from the family that citizens come to birth and it is within the family that they find the first school of the social virtues that are the animating principles of existence and development of society itself.

Thus, far from being closed in on itself, the family is by nature and vocation open to other families and to society.

FRIEND AND LISTENER - HUMAN RESOURCE PERSONNEL

Human Resource Development has a heart function at times since organizational life is an existential journey for an individual, often marked by turbulent phases of identity crisis. At such times, H.R.D. plays an empowering role by helping employees work through their anguish, through listening, feedback and affirmation. Such a role can be performed only with deep conviction in human possibilities. HRD represents Justice in an Organisation. It monitors and ensures justice in situations of

compromise. Here it may be very helpful to know the family background and even meet one of the family members in a work crisis situation. In such times, HRD plays an empowering role by helping employees work through listening to feedback and affirmation. Such a role can be performed only with deep conviction in human possibilities. Truth can be obscured. In every performance and plan, truth is necessary for ultimate success and these values first see the light of the day and are experienced in the family.

Though marital problems are increasing the answer to meet this challenge is not divorce for the majority.

It is like the "common cold" - common but a source of dangerous infection, bronchial pneumonia and a threat to the life of children and the elderly. It is caused by many viruses (300) and we need to be protected against it.

SELF ENERGISED FAMILY

India is changing fast with the explosion of scientific knowledge. Simultaneously, there is a growing desire to seek a better standard of life for all families. This great human life resource need to be strengthened and protected and the answer lies in the "Self energized family" which should be the goal of all our endeavours. The energy it generates flows over to the neighbouring families inspiring and motivating them to realize their goals. The goal is on keeping the family strong and wholesome in character and to be a stable resource in society, for as the families are, so will mankind be.

VALUE ACTIVITY

1. What has "Love" in my family meant to me?
2. Discuss what positive family relationships mean to you in practical terms.
3. Are you "listened" to enough? If not why not and how can you remedy the situation.

Family Values

Healing A Wounded Resource

"The family spirit signifying strength and unity to the value we crave for. All humanity posses by way of the family."

Napoleon

FAMILY AS A CUSTODIAN AND TRANSMITTER OF IMPORTANT VALUES

The family is the place of origin of values and the most effective means for humanizing and personalizing society. It makes an original contribution in depth, to building up the world, by making possible a life that is properly speaking human in particular, by guarding and transmitting "virtues" and "values". In the family "the various generations come together and help one another to grow wiser and, to harmonize personal rights with the other requirements of social living."

More and more the family is once again coming to occupy a vital place in the thoughts of those who are concerned about the future of human development.

The aged are a reservoir of wisdom and an integral part of society, transmitting time tested values. It is regretted that western customs of excluding them from the family are spreading in India.

VALUE OF TEAM WORK

A constructive, sympathetic and comprehensive approach is more effective than any amount of nagging in bringing out the good qualities and in overcoming faults, and this comes out in the team work of a home with co-operating

family members. If a family provides experiences of human understanding, and sensitivity to changes no human relations course is needed later. A lesson is learned for Life!

The value of team work comes through sharing a common goal which requires unselfishness, eagerness to lighten burdens, understanding and co-operation. Dr. S. Radhakrishnan said that "moral qualities are of greater value than intellectual accomplishments." Parents teach their children that mutual give and take by each member of the family is essential and valuable for the well-being of everyone. Thus a sense of "pulling together comes through.

HUMAN RESOURCES AT WORK

An organisation or community is like a family bound by common ties. A member who dominates another is detrimental in the long run. Parents and teacher are like the chief executives, role models and trend setters. Justice - An important factor in Human Resources. HRD represents justice in an organization. Certainly it is a Line Manager who must act with fairness and justice but HRD can monitor and ensure that justice is honoured or intervene in situations of compromise.

TRUTH

Truth in an organisation can be obscure. HRD's role at all times is to mirror that truth or reality for the chief executive, be it organizational concerns, divisional performance or his own style. I not only expect that my HRD people would sense that truth but also help me confront that truth. This role demands courage and objectivity of a scientist. I believe only with such a commitment to truth can HRD create trust in an organization.

FUNCTIONS OF THE FAMILY

Concretely, the social functions fulfilled by the modern family are:

1. The provision of food, shelter, and other material necessities to sustain life, and provide and protect from external danger - a function best fulfilled by the members under conditions of unity and co-operation.
2. The provision of togetherness which is the matrix for the affectionate bonds of family relationships.
3. The learning and practice of faith in God, belief and rituals, in the belief that rituals lead to spiritual strength.
4. The opportunity to develop a personal identity tied to family identity. This bond of identity provides the psychological strength to meeting new and difficult experiences.
5. The pattern of sexual role models which prepares the way of sexual-maturation and fulfilment of personality, - masculinity or femininity.
6. The cultivation, learning and encouragement for individual creativity and initiative.
7. Vocational guidance and independent living and marriage.
8. The training toward integration into social roles, and acceptance of social and civic responsibility.

Clearly it is the family which determines the forms of behaviour that are required in the roles of husband, wife, father, mother and child. Mothering and fathering and the roles of the child acquire specific meaning only within a defined family structure.

MORAL VALUES

According to family expert Dr. Goodman "When we juggle, an expense account, or tax statement, pay for influence, accept with a grin more changes than we are entitled to, or connive at a rivals downfall, our children's' faith in values are undermined."

"Living according to moral values and consciousness is what God expects from the members of each family. The family is directly responsible for the moral values of the children, by setting good 'mores' ". The spiritual poverty of a robotic life should be firmly rejected. I shall never forget a real life experience.

A mother had sent the boy to the corner shop to buy soap. Returning with change the mother counted it and found it extra. The boy held out his hand to return this extra, but the mother refused to part with it saying she would do it, and then saying that the shop keeper made the mistake, so why should she return it. The boy had learnt his first lesson in dishonesty from his own mother in his own home.

VALUE OF ADJUSTMENT AND TOLERANCE

Treating all people at different level with respect, encouraging good deeds, praising sincere efforts of other children, participating in healthy competitions, and mooting both new ideas and honoured traditions of the family.

The value of adjusting and adapting to people of other faiths, castes and cultures. Respecting others customs, and seeing the positive aspects with tolerance.

VALUE OF PERSISTENCE AND EFFORT

Achievements require efforts and failures, long hours, loneliness, frustration, struggles, sweat and sacrifice.

Nobody knows this better than the dedicated members of a family. They see the father working long hours and mothers attending to details of cooking and cleaning.

The value of achievement, joy, success and peace are experienced and children can see clearly the fruit of efforts started perhaps years ago. It gives the family the value of life and living amidst its joys and adversities. Even if some tasks fail, there is something to be learnt.

Remember, "A journey of a thousand miles begins with the first step", in the family. Hence every little tremulous step should be helped along.

GENDER JUSTICE

Christopher Lasch a family specialist asks "But where do children and adolescents get their own ideas and self images? From the media that surrounds them, from the advertisements, the consumer culture that bombards them, but most of all from the family, which can encourage thrift, prevent waste and sharing of talents and possessions. From the very beginning. The children in the home can be imbued with the spirit of Gender Justice. Sons and daughters should be treated equally where house work is concerned. Husbands should treat their wives with respect and regard women as subjects and not as mere objects. This would convey a sense of equality and dignity in labour and lead to less gender discrimination, in private and public life.

"A child is very sensitive to injustices" (Charles Dickens)

Unfortunately, in many families, the idea of their own children doing housework is unacceptable. This attitude deprives children of 'work experience', and also places an additional burden on the mother and domestic help. Often it is only the daughters who are given the household chores to perform.

Justice in wages to employees, justice in treatment, justice in recognising the strengths and weakness of various family members. Boys should realize that girls are physically weaker and even in 'equality', chivalry is expected and respected.

VALUE OF DISCIPLINE

In this era of lawlessness, discipline should be stressed upon - "Laws are but paper tigers if not accepted or followed", not for the sake of enforcing them or to inhibit the personality, because it is useless conquering all else if one has not conquered oneself.

Discipline calls for an understanding, appreciative and equal dialogue between the members of the family.

In genuine co-operation and kindness, discipline should be meted out not as a punishment, but as self-control, and a maturing experience.

VALUE OF SERVICE

Einstein said - *"A life lived for others is a life lived well."*

Service to others and good examples are valuable assets of family life. Good examples practiced by the members within the family will gradually spread to the ever-widening circle of humanity. The value of good deeds and good examples help to build sound characters in the family members and those they befriend or work with.

An incident in the life of Winston Churchill is recorded when as a young lad holidaying in America, he saved another young lad from drowning. Both kept up their friendship. Many years later when Churchill was dying of pneumonia, his family was told that only one drug

could possibly save him but that it was not freely available. It was Penicillin discovered by Alexander Fleming. "Why" said Mrs. Churchill, "that is his old friend whom he saved from dying years ago." The message to Sir Alexander Fleming was sent and immediately ampoules of penicillin were flown across the Atlantic to save a friend's life.

CONSTRUCTIVE FILM CRITICISM

Someone has remarked that years of moral and religious formation can be wiped out by exposure to a few bad films. Contemporary films should be discussed and views shared and a moral learnt.

There should be encouragement to have ideals in life and should role models.

The youth are often confused and disillusioned by the double standards prevailing in society. They need to be given much help and guidance in developing, strengthening and reinforcing their value system towards service as a personality enriching experience.

FAMILY POWER Vs PEER AND MEDIA POWER

The family has to rediscover its value, its needs and responsibilities and realize that it is needed as the universe's greatest strength against fear, depression and despair. Family power must overcome peer power positively.

The family comes to grips with a complex and challenging world and helps them to cope with a challenging world and change it for the better, for values never change.

Thus the fostering of authentic and mature communion between persons within the family is the first and irreplaceable school of social life, and for broader community relationships marked by love, respect, justice and dialogue.

The family is capable of taking a member out of his anonymity, keeping him conscious of his personal dignity, enriching him with deep humanity and actively placing her/him in his uniqueness within the fabric of society.

Faced with a society that is running the risk of becoming more and more depersonalized and standardised and therefore dehumanized, with the negative results of many forms of escapism - such as alcoholism, drugs and even terrorism the family possesses and continues to release formidable energies. Every attempt of the state to take over the family rights and responsibilities should be resisted and these energies should be exploited in family therapy.

IDEAL FAMILY LIFE - FAMILY LIFE ENRICHING SOCIETY

The relationships between the members of the family community are inspired and guided by the law of "free giving". By respecting and fostering personal dignity in each and every individual, this value takes the form of heart-felt acceptance, encounter and dialogue, disinterested availability, generous service and deep solidarity.

The home of God-centered family is the first and best school wherein education is looked upon as a co-operative task shared by both parents, brothers and sisters in the pre-school years and aided and developed by the professional teacher in school years.

The atmosphere of the home must be such that children may be happy and fully secure in their parents love and care.

A genuine family finds within their home, recreation and priceless relaxation from outside. It is a theatre where children are the performers, where true human

generates the ready smile the, hearty laugh and a healthy atmosphere.

A family thus acquires a sense of self identity, self esteem and self value. The members know who they are, where they come from and where they want to go.

These values are very important today in the work ETHIC. Thus far from being closed in on itself, the family is by nature and vocation open to other families and society.

VALUE ACTIVITY

1. Discuss "My family has been, and is the transmitter of many good values"
2. What are the non or negative values that I have to overcome in my family?
3. Three persons you hold as a role model. Name the reasons for the values they represent.
4. Did you ever have a role model that you had and gave up? Why?



"All humanity passes by way of the family".

- John Paul II

Value Education

The Human Compass to Reach Your Goal

"We mould ourselves through our choices from the values we have developed and the priority we hold them in".

- Dr. Alfred Mascarenhas.

Definition of Values

Value is a word that takes a prominent place among the few words that express intense human meaning, such as life, love and work. A value is an attribute for or against an event or phenomenon based on a belief that it benefits or penalizes some individual, group or institution. Simply put "A value is a preferred belief on which we chose to act."

Wherever freedom is present man acts by choice and that involves him in the sphere of values. Our real selves lie behind the things we strive for and the cause for which we have an enduring commitment. They are in fact the values we live.

VALUES NEVER CHANGE

Their interpretation or expression may alter, but Love, Honesty, Hard Work, Determination, Concern etc. never change.

The Compass leads to our Goal i.e., the fulfilment of our potential - filling our rightful destiny with our innermost gifts of power.

The need created by changing ideology in values makes us realize the importance of belief in sound values and priorities.

SOURCES OF VALUES - WITHIN US

As Dr. Radhakrishnan put it, "*Sciences supply us with the tools of civilization, but the guidance for their use does not come from them.*"

Where are the sources of values? It is within ourselves. In our conscience - the sense of right and wrong, and the belief that we ought to do certain things is a powerful sign of the inwardness of values. The human conscience is a primary source of value awareness. Even those who are unable to relate it to the still small voice of God, can stifle the voice of their conscience only at the peril of stifling their humanity.

PERSONAL, SOCIAL AND SPIRITUAL VALUES

Values may be categorized as Personal, Social and Spiritual, although they are not water tight compartments.

Personal Values consist of honesty, cleanliness, commitment and other such qualities with primary reference to the first person.

Social Values such as civil sense, concern for justice and peace, and co-operation confirm our human togetherness.

Spiritual Values include our acceptance as created by God to reach our full potential and have meaning and purpose in our life here and finally to be accountable for our talents and actions.

HUMAN VALUES play a significant role in national development. The transformation of a developing country presupposes a change in values conducive to development such as in the work Ethic and Social contract. While on the one hand, we in India have to be aware and even

proud of the glory of our heritage, we should never be blind to the defects in our civilization and its influence over the centuries. Authentic development is the hallmark of a developed society, and is open to both the science and the spirit.

GENUINE VALUES

A common sensitivity to the joys and sorrows of life, and above all a sense of vision and hope are conducive to the growth of a genuine sense of values.

PROFESSED AND OPERATIONAL VALUES

Values may be categorized on different levels. The values we publicly hold up (like the Creed for Christians or the Indian Constitution for us all) are our 'professed values' which are what we actually practice.

The gap between Professed and Operational Values tends to erode creditability and encourage hypocrisy.

The nature of our values is reflected in a reaction to particular events. For example, the identification of oneself with the weaker sections of society would be a better touchstone of values than self proclaimed faith in the equality of men. Learning from our experiences we can adopt new values and renew them. This makes our approach to values dynamic, meaningful and operative. If educators of youth fail in making their own values operational, their credibility with young people will suffer.

Every new generation questions values and practices. The Indian family is also continually exposed to ideas in marriage and social matters and practices. Some ideas are due to education, media, peers or international changes and should be carefully questioned and considered.

We will give unto our children and they unto their children, and it shall not perish.

- Kahlil Gibran

ADOLESCENT QUESTIONING OF VALUES

The most exciting factor is the fact that today's adolescents are a new generation open to new ideas willing to explore alternatives and try new approaches compared with their parents and grandparents. They are also better informed, better educated in the Natural and Social Sciences and more open to logical and scientific thinking.

Their value system is still fluid enough to be moulded as they are searching for their own identities and relationship in adult life. They are more sensitive to their environment and more ready both to experience life to its fullest and to take causes which they believe are crucial to their future prosperity. In the freedom struggle of Gandhiji and in Mother Teresa's Homes for destitute children, the youth are very active.

The family has to rediscover its value, its responsibilities and believe that it is needed as the universe's greatest strength against fear, depression and despair. The practice of family therapy is gaining ground in many illnesses. The family comes to grips with a complex and changing world and helps children to cope with the changes for better. Values never change, only their interpretation or application for "as the families are so will man and womankind be."

However, often mistakenly under the guise of being tolerant or secular, a sense of true spiritual and moral values can be lost.

A new respect for the maximum development of the individual is welcomed today, but has to be seen in context of society.

VALUE AND BEHAVIOUR - VALUE YOURSELF, MAKE HEALTHY CHOICES

Values guide our behaviour and put meaning into our existence and keep us on the right road to our Goal. The values we cherish are expressed. They form the central pole around which we organize our desires and ambitions and fashion ethos. A man is known by his values since his attitudes and behaviour results from their expression.

Values, however, are not merely subjective in the sense that they exist only for those who uphold or believe in them. They are more than just matters of opinion. When one takes a stone in one's hand, it is just a fact, but when it is thrown at a car or a person it becomes good or bad in relation to its purpose. Values never change. Their expression may differ, but not their essence.

VALUE TRANSFORMATION

In certain areas of traditional practices, values can be transformed by the family and in consultation with all the members.

THE PARADOX OF OUR AGES

We have bigger houses, but smaller families;
More gadgets, but less time to use them.
We have more degrees, but less common sense;
More knowledge, but less discernment
More experts, but more problems;
More medicines, but more illnesses
We've been all the way to the moon,
But delay crossing the street
To meet our new neighbour.
We build more computers
We have more information,
But have less communication.

These are times of fast foods,
But slow digestion;
Tall men, with short character;
Steep profits, but shallow relationships
It is a time
When there is much in the window
But nothing in the room
So lets make stock and build on a rock

- Dalai Lama

edited by Dr. Marie Mascarenhas

MATERIALISM

There is a level at which material things have their value. The value of food, of money, of physical strength and of various other tangibles exists on the surface for all to see. The sense of values at a higher level enters them as soon as we think of the ways in which we use them. Many cannot live without bread and therefore providing himself with bread is a value. But a great value consists in sharing one's bread with others who are in need. Similarly, pleasure is a value but all values are not identical with what is pleasurable.

The opposites of Truth and Love are Fear and Violence resulting in increasing intolerance and greed.

VALUE AND CHOICE

Values can be seen in full play whenever decisions are called for. Life is made of decisions, small and big decisions and choices involving values are distantly human. When a young teacher decides to attend an orientation course for teachers, she is making a value decision. She decides that the effort to make herself a better teacher is worth making and this is a value involved.

COMMITMENT TO HUMAN VALUES

"Science gives the technique, but the spirit gives the impulse."

Louis Pasteur

The individual's commitment to values is basic for the health and welfare of a free community. Ultimately the development of the human society is built upon and sustained by the right human values of the individuals. Where individuals carry on their dishonesties in private life and business, public life cannot be beyond corruption. Further, we have to have values because we live in a society of persons, each with their inherent dignity and rights that demand respect.

Science and technology are here to stay, but it is becoming increasingly clear that technology per se has no answer to the ultimate meaning of our existence. The external technology advances will carry within them a growing sense of emptiness unless its matched by a value orientation of the human intellect, will and feeling.

GLOBALISATION

The neocolonialists have introduced a new economic caste system. "Globalisation is killing Indian biodiversity", says Vandana Shiva. Monoculture a Western concept is not conducive to the Indian multiple cropping system. Multinationals have set their hawkish eyes on water, soil and seeds, and trying to assume control over them in developing countries. Ethnic and religious diversity is creating painful conflicts around the world. The answer lies in agreeing to disagree and still respect and learn from one another.

Even in the Cultural, Sexual and Family practices like heterosexuality, honour for the aged who are a reservoir of wisdom, time treasured and proven traditions are

jealously dismissed. The rape of the earth is intensified as developing countries invest in cash crops making food crops more expensive. However the chief victims are value loss and the poor paying more for food. This tragedy must be faced and overcome. These global liquidators endanger and destroy our value heritage. As Gandhiji said, *"This world has enough for every man's need, but not for every man's greed."*

VALUE ACTIVITY

Discuss these statements

"Material riches without tolerance, compassion and wisdom may turn to dust and ashes."

- Jawaharlal Nehru

1. Discuss, "My family has been, and is the transmitter of many good values." Name them. What are the negative values that I have to overcome in my family?
2. Name three persons you hold as a Role Model. Why? What are the values they represent.
3. Did you ever have a role model that you had and gave up? Why?
4. Discuss what it means to youth, "Bill Gates is coming", the exciting mantra of today.
5. "Scientists thrill us with stories of Dolly the sheep. But they did not tell us that 276 sheep were sacrificed on the attack of experimentation before Dolly was cloned and then suffered premature ageing and died!
6. The genetic manipulation of "seeds" threaten not only the farmer but our health.
7. Science without Ethics can be as disastrous as a painting made with imagination but without discipline, or study without purpose.

DO YOU HAVE A GOAL IN LIFE?



*Standing on the
Threshold of Life*

VALUE IS THE COMPASS TO YOUR GOAL

PERSONAL
VALUES

SOCIAL
VALUES

SPIRITUAL
VALUES



IS

FULFILLING YOUR
POTENTIAL



HEREDITY



ENVIRONMENT



FAMILY, FRIENDS

MEDIA, T.V.
OTHERS

If both inherited values and environment are good, it is an ideal combination.

Goal in LIFE IS
FULFILLING YOUR
POTENTIAL
HEREDITY
ENVIRONMENT
FAMILY, FRIENDS
MEDIA, T.V.
OTHERS

THE COMPASS TO MY GOAL

ARE MY VALUES
PERSONAL VALUES
BELIEF IN MYSELF
SOCIAL VALUES
CONCERN FLOWING OUT TO OTHERS
SPIRITUAL VALUES
REACHING OUT AND ABOVE

Standing on the Threshold of Life

What are the obstacles to my Goal. List, Discuss

Personality Development

Remember !

Your own personality should not be a problem to you. If you can more or less love, understand and accept yourself and devote your energies and thought to meaningful interests and problems beyond security or lovability or status. You are on the right path to achieving your goals.

KNOWING ONESELF : SELF ACCEPTANCE SELF IMAGE

"I am an irrepressible optimist, because I believe in myself - I am not yet a perfect being. When I am a perfect being; I have simply to say the word, and the nations will listen, I want that perfection by service."

- Gandhi.

It is necessary, that to function effectively in this world, one must understand and be oneself. In the chapter on the Human Person you would have seen the marvel of the precious components that can be integrated into a wholesome person. Let this be you.

You are born with a personality, you are born with characteristics that need to be developed with effort, study and guidance by the parents and educators. You need to integrate all the facets of your personality into a special 'your personality',

To know oneself, to be conscious of one's strengths and weakness, to be aware that change is necessary in certain areas is a sign of a wholesome personality. A person who sees himself as of "no value" cannot develop

constructive relationships with others. On the other hand, the person who sees himself as the centre of the universe sees the other person as an object that might serve his purpose.

*"He was like the cock who thought the sun had risen to hear him crow". (George Elliot). **"A balance must be struck between these views"**.*

If you understand yourself you will understand others, and respect others, and yourself. You must have a positive self-image and love yourself. If you have a negative self-image, it is harmful and can result in a personality disorder or a dysfunction.

To be productive you must know and like yourself. If there is a characteristic that you cannot like in yourself then be aware of it and accept it. You can make an attempt to overcome it, this is a sign of maturity. Only a productive person who likes himself / herself can enter into a truly loving relationship with the other person.

Be motivated to achieve your best!

The need to change must come from within, motivated by the wonderful human qualities lying dormant within you, that need to be worked out to be developed and brought to fulfilment of one's highest potential by action and work.

Actions rest on motives because motive is the index of the mind or the manner in which the mind chooses to exercise the balance set in man's nature. The need to identify one's self and the obligations to others are here placed side by side to be integrated.

"The human mind capable of emotions so deep, in a body so intricate with a strong spirit within".

- Albert daCosta Joshi

Five Simple Rules to be followed.

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Dual Responsibility:

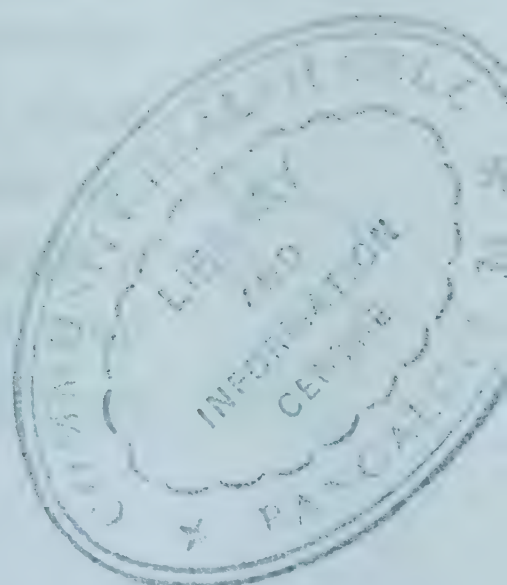
"The Gita's teaching of non-possession meant that those who desire salvation should act like the trustee who desire salvation. Who, though having control over great possessions regards not anyone of them as his own".

Man has a dual function to discharge in this world. One is to himself and the other to that of the world of persons. The discharge of the first has to express itself in a process of self-development physical, intellectual, moral and spiritual. The second responsibility lies in development of social consciousness and working for the welfare of others. This helps to see and develop oneself.

The two responsibilities are merely two facets of one and the same attitude towards life, of the same activity, and signify the character of mind one has to develop. What matters is determining the character of every human action.

Stages of gaining Self Confidence through effort and actions.

1. Self Knowledge.
2. Self Understanding.
3. Self Acceptance.
4. Self Confidence.
5. Self Worth.
6. Self Esteem.



A personality that is endowed with and developed Self Esteem is like a jewel in a proper setting. The jeweller has to cut, fashion and polish the gem stone to get full beauty of all its facets, the gem must lend itself to be cut and fashioned to achieve its potential glory and gleam, otherwise the most valuable diamond can be mistaken for a piece of glass.

Use Your Power for Good!

In a society persons have to be mindful of their responsibility to others. To be mindful is "Good" and not to be mindful is "Evil". This understanding is to be upheld in every sphere of life's activity - physical, intellectual, moral, economic, social, political, national, and international.

Often students, to test their own abilities, break the law. They get a thrill to see their behaviour. Remember "true power is always constructive and not destructive". Elders must help youth to use their power to keep the law and to be constructive, to be creative at the level not of their hands as well?

Value Activity

1. Proud Whip

The following actions speak for themselves. I feel good that I decided to do.....

- 1) A decision which requires considerable thought.
- 2) The completion of a task which was very tedious/torturing.
- 3) Some family traditions that I upheld.
- 4) I've done for an older person recently.
- 5) A time when I said something when it would have been easier to remain silent.
- 6) Anything I've done with my own hands.

- 7) A habit I worked to overcome and succeeded.
 - 8) A time when I was especially loving to someone and about which I feel proud.
 - 9) Asked to do something bad and said 'No' to my friends.
 - 10) To set aside a time for prayer and reflection.
 - 11) A way in which I helped my family.
 - 12) I did contribute to religious understanding.
 - 13) I've done to add to the store of beauty or quality in this world.
 - 14) The way I defend a friend from ridicule.
 - 15) Turned down a chance to look at pornography.
2. What do you surmise the Lord's reaction meant?
Read the poem and reflect on the words
- I had a dream,
I came, before the judgement seat of God,
And I said" You see Lord,
I have done nothing evil, dishonest, or impious,
My hands are clean", " But," said the Lord,
"They are empty".*
3. See the chapter The Human Person Do Exercise
Personality Development - Self Image



***"Life isn't a matter of only milestones,
but of moments."***

- Rose Kennedy

HUMAN PERSONALITY A POSITIVE SELF IMAGE OF FIVE COMPONENTS



HANDLE YOUR LIFE WITH SELF ESTEEM BY BUILDING A POSITIVE SELF IMAGE

Value Activity

The Human Person is an integrated being with Physical, Mental or Intellectual, Emotional feelings, Social and Spiritual characteristics. These 5 human ingredients need to be developed and integrated for a positive and wholesome life.

Shade each facet and look for your positive and negative attribute Physically Health needs, Balanced Diet, Adequate Exercise and Rest.

For Mentally or Intellectual maturity (Alertness, Comprehension or Understanding) Concentration, Logic and Memory.

Social Maturity, Concern and Caring with Sensitivity for others. Building Relationships, Emotional Maturity, Spiritually Maturity.

Understanding and Handling your feelings, channelising your sexual energies and believe you are created by God. He has a goal for you to reach, discovering the meaning and purpose for you, and you be accountable for your education and opportunities and thus being spiritually strong.

"VALUE HAS A VALUE ONLY IF ITS VALUE IS VALUED BY YOU"

A well-known speaker started off his seminar by holding up a 500 Rupee note. He asked, "Who would like this 500 Rupee note?"

Hands started going up.

He said, "I am going to give this note to one of you but first let me do this." He proceeded to crumple up the note.

He then asked, "Who still wants it?"

Still the hands were up in the air.

"Well", he replied, "What if I do this?"

And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty.

"Now who still wants it?"

Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth Rupees 500.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value!

You are special don't ever forget that!

Never let yesterday's disappointments overshadow tomorrow's dreams!"

-From a reader's collection

Career Counselling

For a Fuller Life!

In today's competitive world there is confusion about a career, a profession and a job. Before we go to the definition, I must clarify that the productive span of human life from the mid or late twenties till sixty is every human being's opportunity to express him/herself and produce their best talents in a job and service which gives them a livelihood and job satisfaction.

For this it is important that before leaving School an Aptitude Test is done and followed by Career Counselling. It can be done later when a person believes that a job change is needed or even choose a hobby or leisure activity

COGNITIVE DEVELOPMENT FOR STUDY, CAREER DECISION (Dr Franz Piaget)

ADOLESCENT OPERATOR

- Overwhelmed by immediate concrete experiences.
- Cannot anticipate future outcome.
- Processes in a haphazard way.

ADULT FORMAL OPERATOR

Anticipates possible outcomes

Not overwhelmed.

Tests systematically.

Considers complex interaction

Associates behaviour with outcomes.

S/He needs to be helped to make proper and correct decisions to become an adult formal operator.

VOCATIONAL GUIDANCE

Strictly speaking there are only three vocations in life, i.e., the life of a single person, the married life and the life of a religious, or committed to an ideology. The Oxford Dictionary defines vocation as a divine call to a particular way of life. (Vocare means a call which needs a response)

Hence young persons should be carefully guided and encouraged to choose wisely and you need to have a goal in life.

Assertiveness DEFINED

Assertiveness involves standing up for personal rights. Assertive people have the skills to express their thoughts, feelings, and beliefs in open, direct, honest and appropriate ways that do not violate or infringe upon another's rights. Assertive behaviour says,

- "This is what I think."
- "This is what I feel."
- "This is how I see the situation."

Assertiveness involves respect. First, assertive people respect themselves (expressing their needs and defending their rights), as well as respect the other person's needs and rights. Respect is almost the opposite of deference. Deference can mean being self-effacing, overly apologetic, or acting subserviently as though the other person is right without question. Deference sometimes arises from the other person being older, more powerful, experienced, or knowledgeable.

Why Act Assertively?

Important reasons for acting assertively include:

- it increases self-respect and develops a positive self-image. Assertive people are in charge of their own lives.

- it results in greater feelings of self-confidence, reduces insecurity and the need for other's approval.
- it frequently results in individuals getting their needs satisfied and preferences respected.
- it results in closer, more satisfying relationships with others.

While some people disapprove of assertive behaviour, most people respect and admire those who show respect for themselves and others, have the courage to take a stand, and deal openly and fairly with conflict.

When people know how they feel, what they want, take assertive action to present their views, and make sure they are heard, everyone stands to gain because assertive behaviour:

- gives energy, makes people feel stronger;
- becomes therapeutic, because they express tensions and differences;
- improves relationships;
- helps accomplish the important things.

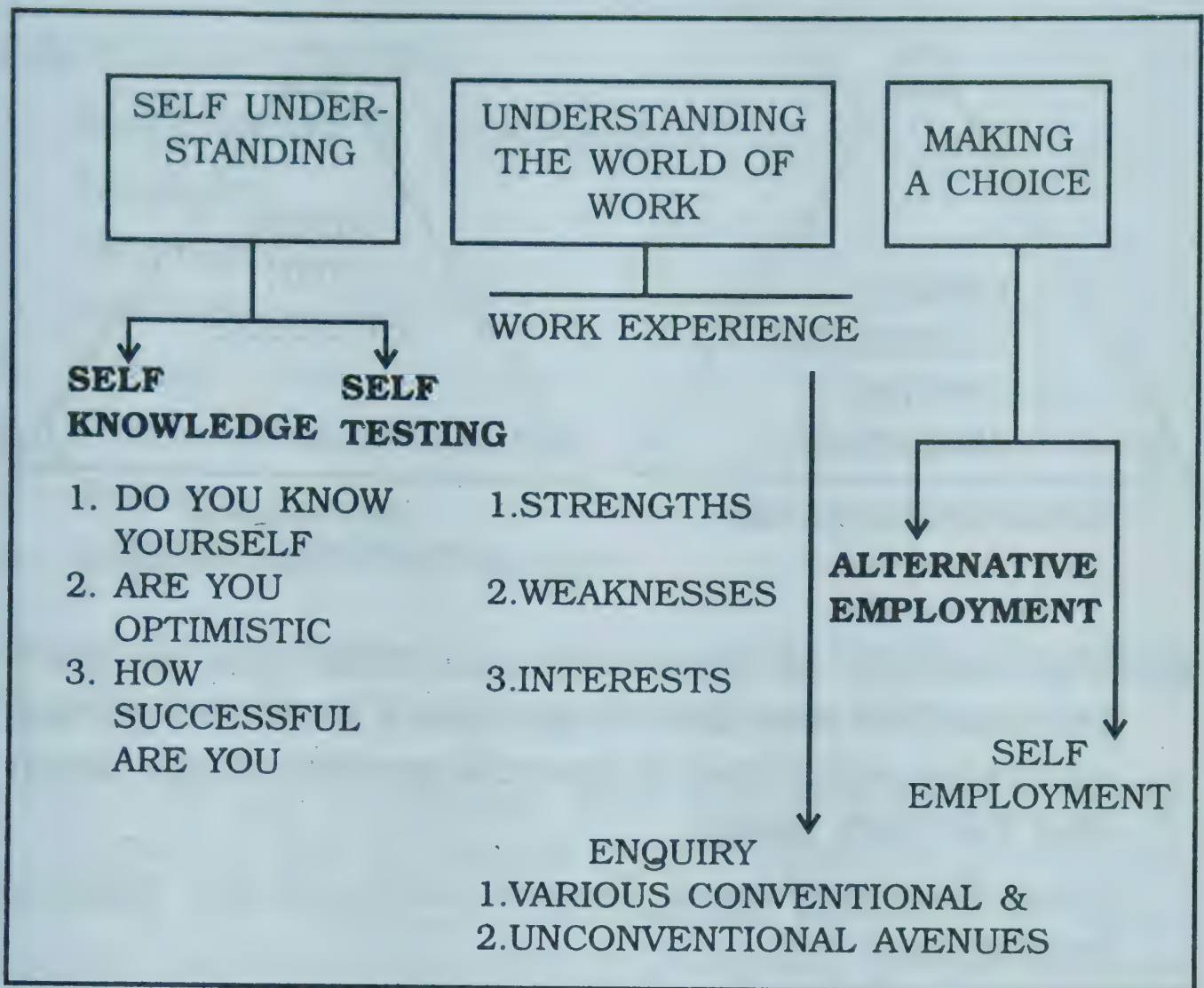
While individuals don't always fully achieve their objectives, assertive behaviour maximizes the likelihood that both parties at least partially achieve their goals, have their needs met, and their preferences respected.

Groups also stand to gain, because assertive behaviour by members leads to:

- better use of resources and the loudest voice does not carry the day.
- more initiative because people present ideas.
- improved problem - solving and decision-making.

Management consultants Dave Francis and Don Young & A.A. D'Souza.

THE CHOICE OF A CAREER IS A PROCESS - NOT AN EVENT

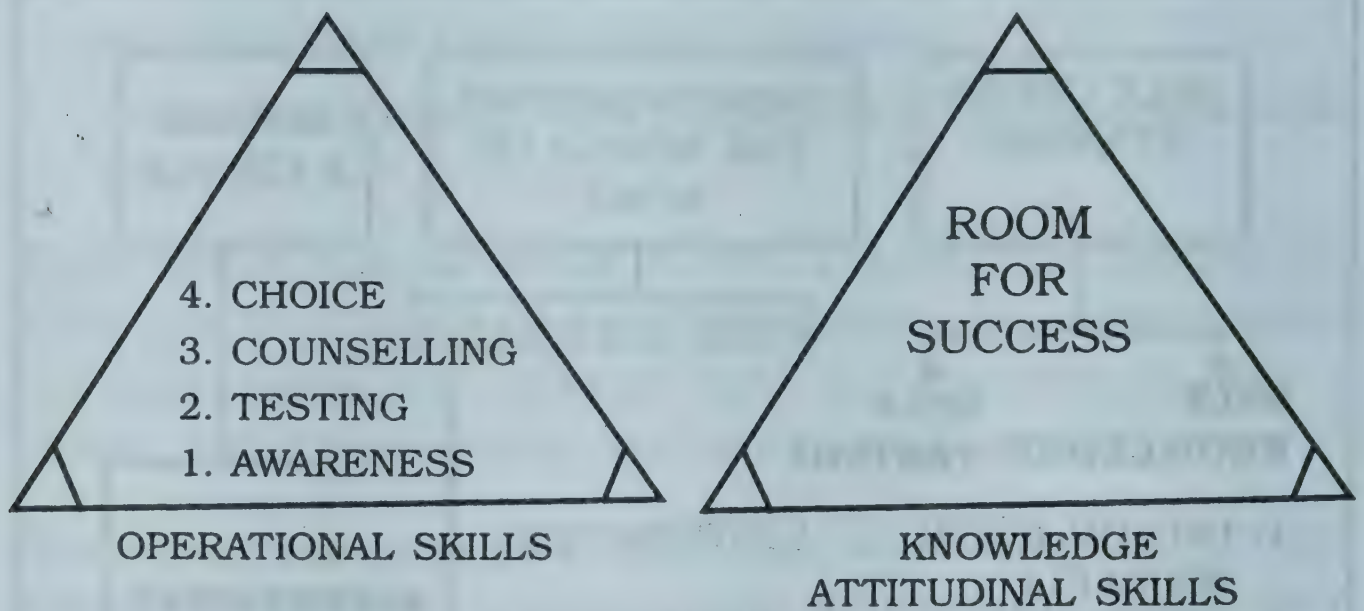


Leadership qualities should be encouraged. Potential leaders must be groomed. The necessity of Career Counselling has assumed importance because of

1. Competition of work
2. The cost of life is increasing
3. Changes in technology for eg. Computer Technology
4. Changes in social structure, breakdown in family support structure.

FOUR ESSENTIAL STEPS IN CAREER CHOICE

4 CHOICES MADE



- a) The number of inputs an individual gets is more. Previously it was the family, now it is the media that competes regardless of financial position of the family and the peer group.

According to Howard Garden there are Six types of intelligence.

1. **Mathelological** - Those with this type of intelligence or aptitude can take up maths or related subjects such as logic, physics etc.
2. **Linguistic** - Those in this field can become writers, poets, salesman, priests etc.
3. **Musical** - needs no explanation. They can make a career out of it only if very good.
4. **Spatial** - Those with this type of intelligence can become artists, architects, photographers etc.
5. **Inter-Intra personal** - Those with this type of intelligence can become good teachers, Counsellor and marketing personnel.
6. **Body Kinesthetics** - Those with this aptitude an become dancers, athletes etc.

There are 8 Career Options

The following Career Options are suggested.

CAREER OPTIONS:

- 1. Engineering & Technology.**
- 2. Business**
- 3. Scientific**
- 4. Aesthetic**
- 5. Social**
- 6. Office Administration**
- 7. Outdoor**
- 8. Information Technology**

When the Aptitudes (1, 2 & 3 score) are known then the Professional Training is decided upon.

Very often the adolescent sees this as a chance to be independent and is swayed by the power of peers and believes that during the adolescent period s/he must declare his/her independence or forever be inadequate to make a career decision. Hence guidance at this stage is very important.

Adolescence is the period of life when other major decisions are made - marriage, career, religious or ideological life, or the single life. The adolescent must be free to make these decisions by themselves. Some parents do a great disservice by imposing their will on the adolescents. They choose their children's vocation which frequently represent their own unfulfilled goals.

Between 14-21 years adolescents mature in all the human facets and learn to integrate these into a wholesome and mature personhood - man or woman. This stage is necessary for values guide their decisions and here they need to be reinforced.

Career Counselling includes knowing and understanding oneself, knowing ones Aptitude Personality, achievement level, the world of work and choice of career. Ability, capability and scope are also considered.

Career is defined as an occupation, a course or a path of working life. It usually forms a lifelong interest in a special work or interest.

A job is defined as an activity performed regularly in ones trade, occupation or profession for which you are paid. A Career should be differentiated from a job. For some people career could mean a job but for many a career is one thing and a job another.

Career Choices does not happen by itself. There are various determinants that influence young people, such as parents, siblings, early childhood family environment.

Profession: Is to profess an expertise requiring training as in Law, Sciences and almost every field.

To choose a career and perform in the field you are most and best suited for regardless of monetary benefits gives you a life with meaning and a purpose.

Aptitude Testing: 'Aptitude' simply means the inclined ability, fitness or talent of an individual. Once a student has a sound understanding or in other words - is aware of his/her aptitude and recognizes it, then s/he knows what direction to take. They can discover for themselves their strongest potential and one that is able to give them satisfaction and secure for themselves the social, financial and emotional security, that everyone yearns for.

II. EMOTIONAL QUOTIENT

Personality Type

Creative Dominant / submissive
Extrovert (Introvert)

Achievement Grade Motivation Level

Excellent - 80-100%

Good: 60

Satisfactory: 50%

Can do better: below 50%

III. Achievement grade or motivational level

Excellent : 80 - 100%

Good : 60 - 80%

Satisfactory : 50 - 60%

Could do better : below 50%.

N.B. Often a student is intelligent but has poor motivation or effort level.

VALUE ACTIVITY

S W O T EXERCISE

What are your strengths.

What are your weaknesses

What are the opportunities

What are the threats (obstacles) you face

Answer the above questions honestly

THE PIE OF LIFE FOR TIME MANAGEMENT PURPOSE - BEST DONE FOR SENIOR STUDENTS

It asks the students to make an inventory of their lives, to see how they actually do spend their time, money, etc. This information is needed if they hope to move from what they are getting, to what they want to get out of life.

PROCEDURE

The mentor draws a large circle on the board and says: "This circle represents a segment of your life. We will do several such pies. First, we will look at how you use a typical day. Divide your circle into four quarters using dotted lines. Each slice represents six hours. Now, everyone please estimate how many hours or parts of hours you spend on each of the following areas on a typical school day. Naturally your answers will differ from one another.

Now many hours do you spend:

1. On sleep? On School / College / Work
2. On prayer? With friends?
3. On Home Work? Study?
4. Alone, playing, listening to the radio, etc.?
5. Work around the house?
6. With family? Mealtime?
7. Other pastimes? T.V.? Hobbies?

Your estimate will not be exact, but they should add up to 24, the number of hours in everyone's day.

Is this a Good pie what do you need to change?

1. **Do your Aptitude Test at CREST**
2. **Study all tables (1 & 2) and discuss with your parents**



Going for an Interview?

Be Guided!

Interviews are basically face to face meetings held between the interviewer(employer) and the candidate interviewee(potential employee) for two main reasons.

- a) To gain information about the abilities of the candidate.
- b) To verify the written information about the interviewee.

There could be one or more than one candidate.

You need to make a good first impression and live up to or back your resume.

Pre-interview Anxiety can be done away, with the right kind of Preparation.

WHAT YOU NEED TO KNOW?

Here are some important points that will give you self confidence to convert those jitters to triumph.

- 1) Keep your bio-data, (C.V) or resume up-to-date.
- 2) Confirm the time place and route to the interview venue.

Punctuality: reach a couple of minutes early but never LATE.

- 3) Do your homework about the organization. Try to link your interests and experience to it. How it will benefit you as well as what you potentially bring to it.
- 4) What is the motto/ideology of the organization.
- 5) Dress: Smartly. It is safer to opt for a formal dress code. Posture is very important. Sit upright (no

slouching). An interview is a show case to project yourself with quiet assurance. Carry yourself with dignity and sense of enthusiasm. You are on exhibition.

- 6) Have a good night's rest/sleep the previous night. Next morning have a good breakfast. Be fresh.
- 7) Be aware of current affairs. Make a habit of reading newspapers/general interest and business magazines.
- 8) Make a mental list of questions you may be asked and plan a reply.
- 9) If you have a friend or relative, ask them to conduct a mock interview before your real interview.
- 10) If presented with an application fill it out neatly.
- 11) Answer honestly. Never lie, say you are open to ideas.
- 12) Do not take more than few seconds before answering.
- 13) Greet the person with a genuine smile and shake hands firmly. Show enthusiasm.
- 14) Wait until you are offered a chair. Avoid leaning on the table. Do not smoke even if the interviewer is smoking and offers you a cigarette. Refuse courteously.
- 15) Maintain eye contact when you are speaking.
- 16) Look interested and be an active listener. Make effective use of body language as it speaks louder than your words.
- 17) Avoid answering in monosyllables like 'Yes' or 'No'. Moderate your answers and be open about telling your interviewer more about yourself and your experiences.
- 18) When answering about your strengths and weakness, provide specific examples, to help you fulfil the interviewer's expectations.

- 19) Get across your good points to the interviewer in a factual manner. Only you can sell yourself to the interviewer, so help them realize they need you in the organization.
- 20) Never make any negative remarks about your present/former employer, companies or institutes.
- 21) At the end of the interview thank the interviewer for their time whether you are offered the job or not, shake hands firmly with a smile.

Remember preparing yourself for the interview(effectively) is more than half the battle won.



***To realize the value of ONE MINUTE,
Ask a person who has missed the train.***

***To realize the value of ONE SECOND,
Ask a person who has survived an accident.***

***To realize the value of one MILLI SECOND,
Ask a person who has won a medal in the Olympics.***

Moer - Ea - Sherik

Smoking, Alcohol and Drugs

Don't be Sad

CHEMICAL ESCAPISM

Alcohol and Drugs which are commonly used to escape from a particular situation are referred to as a way of "Chemical Escapism". When a drug is misused continuously and gains control of a person it is referred to as "Substance Abuse" and Drug Dependency on Addiction

POISONS IN TOBACCO

1. SMOKING

Cigarettes tobacco has an alkaloid called nicotine. It is a poison and is used widely as an ingredient in insecticides. In cigarettes, it is used to act as a stimulant.

There is also carbon monoxide present at a concentration 400 times more than the amount considered safe, and hydrogen cyanide 160 times. Cigarette smoke also contains a radio-active compound plutonium 210. One drop or 70mgs of nicotine injected will cause instant death.

Nicotine, a man-made Monster

In the 16th century, Jean Nicot, the French ambassador to Lisbon, sent ground tobacco powder to the Queen of France for treatment of her migraine. 'Nicotine', is named after him. Nicotine is now classified as a Drug.

It was during the Mughal times that 'Hooka' and 'Chilum' became a status of high society and even to this day decorates the houses of Zamindars in rural India.

SMOKING is the gateway to drugs. All addicts start with smoking, although all smokers may not become drug addicts.

Harmful Effects

- 1) A smoker has far less chances of enjoying good health and often dies prematurely as compared to a non-smoker.
- 2) Smoking is responsible for crippling diseases, such as chronic bronchitis, lung and other cancers and heart disease.
- 3) Tobacco is mostly responsible for cancer of the mouth, the most common type of cancer.
- 4) Smoking vastly increases the vascular complications in women, particularly those who are on contraceptive pills, leading to embolism and death.
- 5) Smoking lowers the sperm count of men due to nicotine.
- 6) It had been found that smoking during pregnancy causes lower birth weight of the newborn and increased infant mortality.
- 7) In certain occupation like mining, farming and in factories where fumes are produced, smoking either precipitates or promotes the occupational pulmonary diseases.

Guidelines to give up Smoking

- 1) Stay away from other smokers, as much as possible to reduce temptation and strengthen your resolve not to start again. Tell all your friends and family that you have given up smoking.

- 2) Watch your diet. Be sure to take large quantities of fresh fruit and vegetables. These are an excellent antidote against the poisons of tobacco.
- 3) Don't go hungry for long. Eat regularly and do not attempt to lose weight while you are trying to break the tobacco habit.
- 4) Avoid highly seasoned foods, alcohol, tea and coffee. These encourage your craving for tobacco. They spoil your appetite for normal foods. Omit such things as pepper, mustard and spices from your diet. For the present, you should even be careful about taking an excessive amount of salt. Drink at least ten glasses of water a day. Drinking water helps to reduce the craving for tobacco.
- 5) Get rid of all your cigarettes and every vestige of tobacco usage you possess.
- 6) Sleep a full night's sleep and take two hot baths a day.
- 7) Commit yourself to God every day and whenever you feel the craving to smoke

2. ALCOHOLISM IS A PSYCHIATRIC DISEASE

Alcohol is a drug and may be classified as a sedative, tranquilizer, hypnotic or anesthetic and is the only drug whose self-induced intoxication is socially acceptable.

Alcoholics are those drinkers whose dependence upon alcohol gradually shows a noticeable disturbance, interference with their bodily and mental health, their interpersonal relations, and their smooth work and social functioning.

Alcoholics have low self esteem, though they may not reveal this. Consumption of alcohol is divided into 'use' and 'abuse'. The former includes Social

Drinking, commonly leading to alcoholism and therefore dangerous.

Dependence is used in two contexts, (i) psychological dependence, which expressed in simplest terms is when the individual requires progressively larger quantities of alcohol to produce a psychology of well being when alcohol stimulates the pleasure centre and becomes necessary to the alcoholic (2) Physical dependence :- when stopped withdrawal symptoms are painful and trigger a bout of drinking

ALCOHOL

Estimates of different brews produced are Beer 3-4%; Gin, Rum, Whisky, 40%, Arrack 35%; Beer 50% Toddy 6-8%; Illicit home made brews 45-70%. The prevalence of Alcohol in students is about 20%. It has risen considerably and young women now drink spirits, in pubs and at parties. In women, alcohol is rapidly absorbed and is even more damaging than in men.

Alcohol is rapidly absorbed from the stomach and small intestine. Within 2 hours of drinking, it can be detected in the blood and the maximum concentration is reached in about one hour. The presence of food in the stomach delays the absorption of alcohol.

Alcohol, a personal, filial and social disaster.

Alcohol has a marked effect on the central nervous system, first as a 'stimulant', then, as depressant, also a psychic dependence of varying degrees from mild to strong.

The metabolic products of alcohol acetaldehyde and lactic acid give the "high" and "low" for alcoholics. Both damage the brain and body.

It is also related to cancer of the gastro intestinal tract and liver.

Further, alcohol is a frequent factor in suicide, accidents, injuries and deaths due to violence. Besides health, family disorganization, crime, loss of productivity and financial misery, alcohol is a total disaster.

The Signs

An alcoholic is one who cannot do without a drink every day. Some drink alone, some secretly, some with peers and some binge at intervals.

"Alcoholism is a disease which tells you that you don't have a disease". The alcoholic teaches himself to deny that alcohol is in any way bad for him. Even, if he admits it he soon chooses, to forget or justify it.

Treatment - Curative?

Treatment of this disease consists foremost in convincing the alcoholic to stop drinking and "stay sober and stopped for life" The illness is medically incurable in that there is no drug or therapy which can correct the enzymatic and metabolic conditions. Chemical, detoxification in hospitals do not 'cure' the habit. Instances of very heavy drinkers returning to normal drinking exist but cases of true alcoholics becoming social drinkers are negligible so far.

Emotional Detoxification

Emotional and spiritual counselling seem to be a must for the alcoholic to ensure that he never again picks up the first drink and sets off the deadly cycle. In this respect will-power is limited. Will-power may work for sometime, even for years, but if the will - power deserts the alcoholic for even 5 minutes in an emotional crisis, he can again start his fatal descent to alcoholism.

Behaviour therapy techniques (relaxation, aversion therapy, assertive training etc) when used as an adjunct

to other therapies such as Alcoholics Anonymous works well for some alcoholics. The causes for Alcoholism must be found and removed. Substitutes for genuine pleasure must be provided and continuity of counselling is necessary and follow up. This is called Emotional Detoxification.

Alcoholics Anonymous with branches for the wives and children of alcoholics and Family Counselling is of utmost importance in treating alcoholics and addicts. The key to a cure lies in a combination treatment of the addict himself and his whole environment.

PREVENTIVE MEASURES

Alcohol Education

It attempts to integrate the knowledge of this disease into the fabric of the classroom, beginning in school and continuing . It must be admitted that alcohol is a drug and causes a disease, often fatal.

Special Objectives

1. Alcohol is not necessary for a good life.
2. To firmly put forward the fact that Alcoholism is a Psychiatric disease.
3. To present objective, scientific information concerning alcohol, its use and abuse and to develop an awareness of the resulting effects on individuals, family and society.
3. To encourage young people to say "No" to their first beer"..
4. The fathers role is very vital inculcating a code of behaviour. If he 'bends with the son or daughter positively it can prevent the disease.

3. DRUGS OF ABUSE AND THEIR EFFECTS

They can be divided as follows: - (1) Narcotics (2) Sedatives (3) Tranquilizers (4) Stimulants and (5) Hallucinogens.

Narcotics are drugs which produce insensibility or stupor due to their depressing effect on the central nervous system.

Other drugs produce a change in emotions. The abuser may feel intoxicated, relaxed happy or detached from a family or world that is painful, hostile or unacceptable to him.

As with alcohol many drugs cause physical dependence. With ever-increasing doses and withdrawal symptoms when deprived of it. This is addiction, an overwhelming compulsion to continual dependence

The abuser is enslaved by his habit of psychic or psychological dependence present in most cases of drug abuse. The abuser believes she / he cannot function normally without the drug. It helps him / her to escape from reality, from problems and frustrations. The drug seems to provide the answer to everything including disenchantment, loss, failure and boredom. Truly the drug has become the master.

Depressants or Sedatives

Include a variety of old and new drugs. The most common are the barbiturates.

Tranquilizers

These can be used to counteract tension and anxiety. Major tranquilizers have an anti-psychotic activity.

Stimulants

THESE DRUGS DIRECTLY STIMULATE THE CENTRAL NERVOUS SYSTEM. Examples are caffeine (coffee, tea, cola etc.) Amphetamine is also potent; Cocaine is a dangerous stimulant.

Hallucinogens

Distortions of perception, dream images and hallucinations are characteristic effects of a group of drugs called hallucinogens, psychomimetics, dysteptics, or psychedelics. They include mescaline and LSD. (Lysergic acid Diethylamide). They have no general clinical medical use but are being used as drugs of abuse.

Marijuana (Cannabis)

There is no medical use for Marijuana or cannabis. Its use often leads to addiction with 'hard' drugs.

Most youth start off with smoking tobacco, charas, and then go on to Barbiturates, Mandrax, Valium and amphetamines in the belief that the latter facilitate better mental performance.

In general, the following drugs are used by Indian students:

Alcohol, Tobacco, Cough Syrups (Codeine)

Opium, opiates (such as Pethidine and Heroin)

Cannabis, LSD and Cocaine

Amphetamines - such as Dexedrine

Sedatives - Barbiturates, Methaqualone, (as in Mandrax,) Calmpose (women+)

Three government hospitals in Bombay treat more than approximately 5000 addicts in a year. However, only 1,000 could be admitted for inpatient treatment.

In Varanasi University, 45 percent of the boys and 15.35 percent of the girls have tasted opium, liquor, hemp, ganja, bhang, cocaine, heroin, LSD etc. Drug addiction in girls is increasing (I.C.M.R.)

While in Calcutta an estimated 200 addicts sought treatment. Reports from the neighbouring north - eastern states is perhaps the most worrying. In the state of Manipur alone, 256, many of them girls in their teens, had to undergo intensive treatment for smack addiction last year. (Smack or brown sugar is unrefined heroin)

The problem has spread even to the southern states. Hospitals in Madras and Bangalore have treated over 500 addicts each in the past year.

Drugs most often used are Alcohol, Tobacco, Painkillers, Cannabis, Opium, Tranquillisers, Barbiturates, Amphetamines, LSD, Cocaine, Pethidine.

DRUGS AND AIDS ARE CLOSELY, ASSOCIATED THROUGH NEEDLES AND SEX WITH PORNOGRAPHY, AND CRIME

Leisure Hours

Drug addiction is more frequent among those students who have idle time and spare money. A survey revealed that 54 percent of the addicts get more than 15 hours of leisure time a week. Also that students get between 600 to 1000 hours of free time every year, not counting the two months of vacation. Parents, academic authorities and the government should take note of this and try to see that this time is more usefully spent, perhaps by way of social work, compulsory sports and community service.

Movies - Drugs and Pornography

Since prevention is far better than cure, the responsibility rests with the parents and teachers. With the advent of

part-time parents and nuclear families, many parents do not communicate enough to remain in touch with the children's life and activities outside the home. Also parents find it hard to believe that their children could be taking drugs and close their eyes to various changes of character and behaviour apparent in the drug addict. By the time they accept the truth, it is often too late to cure the young man or woman and family peace is shattered by accusations of guilt, resentment and often hatred. The addict often does not wish to be cured, and bears resentment towards his family and so all channels of communication become closed. This leads to repeated frustration and failure in studies or jobs.

Only Preventive health education, the family and teacher with the support of spiritual and social reforms can 'Heal' the disease. Educative audiovisuals etc available

Role of the family in Emotional Detoxification

The vital treatment starts after the chemical detoxification, when psychotherapy individually or in a group aid in rebuilding the personality of the drug dependent. The family members should be taken into confidence, for without their aid nothing can be achieved.

An air of optimism should prevail, and efforts to rehabilitate the drug dependent should continue, even when a relapse occurs. Without spiritual counseling which involves building up the personality nothing can be achieved.

Health of the Adolescent : Diet Needs

A balanced diet containing Proteins, Carbohydrates, Fats, Minerals, Vitamins and Water in proportionate amounts so as to give totally 2,400 calories per day.

If the boy or girl is involved in athletics or a very strenuous schedule this amount increases to 3000 calories.

In India, proteins are expensive and lack of dietary proteins is commonly encountered. It gives rise to anamia, and predisposes to many diseases. Hence a balanced diet is vital for health. Mental activity too depends largely on nutritious food.

Regular Exercise

After twenty-one years growth is negligible. With the right foods, rest and exercise, height can increase considerably. Exercise tones up the muscles, improves the blood circulation and stimulates the organs.

For boys, especially, games provide a healthy outlet for aggressive tendencies and for sexual energies which are channelised into physical energy.

A healthy environment is essential to develop good, inherited qualities and to suppress any potentially harmful qualities.

Recreation, play and occasions to relax are vital for a positive and optimistic outlook on life. This is the hallmark of a healthy person. Yoga is an excellent form of exercise.

VALUE ACTIVITY

I Discuss the case study.

Jay an intelligent college student from the middle class was a smoker, occasionally smoking marijuana and 'pubbed' at weekends. His peers looked on indulgently as he was a good student. But Jay started being irregular. Moreover, his parents and two siblings resented his expensive habits and attitude. The college counsellor proved helpless when approached. The parents then contacted CREST. Biweekly sessions for six months followed, gradually including family and friends as support group. Jay's EQ and Achievement Level tests

revealed a 'potential' and when confronted with these results Jay realized the real meaning of his life and gifts. A Time Management Test showed him his wasted hours. An hourly Timetable, fortified with a good balanced diet and games, but focused on studies has resulted in a "No" to drinks. Smoking took longer to stop, but Jay kept up his willpower. This previous dysfunctional family has re-examined their role and valuable strength and shared laughter and meals have brought contentment, with a challenge to continue as such. They now reach out to other families in trouble.

QUESTIONNAIRE

II ALCOHOLISM

- 1) Who can become an alcoholic?
 - a). Only the poor and uneducated
 - b). Rich and powerful
 - c). Those who are weak minded
 - d). Anyone can become an alcoholic
- 2) What is alcoholism?
 - a) Pastime
 - b) A chronic illness
 - c) Abuse of alcohol
- 3) When does a person get drunk?
 - a) It depends on the individual
 - b) More than one drink
 - c) It depends on the situation
 - d) All three reasons.
- 4) Can death occur due to alcoholism
Yes / No

- 5) Please use the check list to identify a problem drinker.
- a) Feels the need to drink daily to cope with life
Yes / No
 - b) Prefers to drink alone
Yes / No
 - c) Goes to work intoxicated
Yes / No
 - d) Uses alcohol to obtain relief from feelings of loneliness, anxiety and inadequacy
Yes / No
 - e) Drinks to a point of intoxication every time
Yes / No
 - f) Drinks compulsively
 - g) Tries to deny or conceal drinking
Yes / No
 - h). Experiences periods of black out, extreme agitation and hallucination
Yes / No
 - i) Sneaks drinks before a party, at work, or in bath room because he / she feels he / she doesn't get enough to drink
Yes / No
 - j). Experiences hostile, destructive violent impulses
Yes / No
 - k). Lack of muscular co-ordination and drinks to relieve the tremor of the hands
Yes / No
 - l) Habit has brought conflict with wife / family / friend/ employer police
Yes / No

m) Friends keep away

Yes / No

n) Sustains body injuries as a consequence of intoxication

Yes / No

o) Efficiency and ambition decreasing

Yes / No

6. What would you do to help a person who is an alcoholic?

III. DRUG ADDICTION (tick answer)

1) Drugs are used by drug dependents as a means to escape from reality - I agree

a) Completely b) Partly c) don't agree

2) Drug dependence are those who take drugs

a. Continuously

b. Only sometimes

c. For medical reasons

d. Can't live without them

e. To forget

3) Drug dependency produces physical dependency
True / False

4) The characteristics of the drug dependents are

a. dull, depressed and frightened

b. cheerful, active and gay

c. talkative and confident

- 5) The reasons for drug dependency are: Rank in order of importance
- Peer group influence
 - Lack of strong personality
 - Lack of friends
 - Poor family life
 - To overcome depression
 - Because its modern
- 6) Do you feel that by not discussing the drugs and drug addiction at home, elders are helping the young people to get into drug addiction?
- 7) Drug addiction is (Tick most appropriate one)
- Just a personal problem
 - A disease
 - Living in a different problem
 - Social problem
- 8) The predominant feelings in a drug addict are (under influence of the drugs)
- anger
 - frustration
 - excitement
 - despair
 - rejection
 - cheerfulness



The Dysfunctional Family

Today's Reality

"Rooted in unstable relationships and shaken by a volley of conflicting values, the Family is truly in the eye of a storm. Though under one roof, they do not bond as a family should. Having one's 'space', seems the Mantra of the day".

- Pradeep Joshi S.J.

The most common and society stricken phenomenon of today is the dysfunctional family who seldom share things or events. They often do not meet together daily over a meal, in prayer or in an outing. Undue expectation and unhealthy competition prevail among parents and siblings.

"Bill Gates is coming!", screams the newspaper headlines. Cigarettes are smoking, cocktails are fizzing and sex is considered more of a recreation. The family is being hooked onto computers, fast foods and frivolous spending, destroying conversation, family fests and nourishing food from the mother's ingenious and clean cooking. The connection of development to depression, drugs and dropout is being cemented.

Sexual deviations, including homosexuality associated with Aids and Addiction (Drug and Alcohol) are very closely related to Parent-child relationships. Sex workers and sex abusers of children have been in almost fifty percent of cases abused or neglected as children themselves. Adolescents who have not experienced parental love and closeness are the first to be exploited by immoral adults or act as exploiters of peers. Research by Crest in 2000 cases of addicts revealed a definite pattern of family pathology.

Also, women from divorced families were nearly twice as likely to become teenage mothers as those who grew up with both parents. They lack emotional maturity and the ability to form lasting relationships, one of the "fall outs of divorce".

Disturbed / Distrustful / Depressed / Deviant

The Dysfunctional Family is unfortunately becoming disturbingly common.

Approximate function expected from a Functional Youth

"Trust or mistrust of people self behaviour, patterns, formed by the relationships with person that matter.

- *Mastery of bodily functions.*
- *Increasing ability to learn, explore express & cope with other people.*
- *Mastery of tools, skills, concepts of society and of his own sex, ability to complete with his/her own peers.*
- *The Sense of continuity - past, present, sure of self-confidence expressed in commitment, ideology, vocation.*
- *Ability to share deep, lasting, satisfying relationships. Creative caring for children, for causes.*
- *Ability to establish and guide the younger.*
- *Acceptance of one's self and life-style, one's place in history.*

Dr. Anthony Leo, Singapore

Standing out was a common feature in the Dysfunctional Families, the lack of Fathering, an absence of a strong Father Child relationship. (This was also the finding of the studies of the Toronto-based Addiction, Research Foundation).

Research Findings - Helpful for Prevention of Dysfunctional Children

Nobody is born "bad", "wicked" or "evil". All people are fundamentally okay. People who are not okay have made themselves that way. Each of us have the power to change "not okay men" into happy purposeful beings leading a productive life.

The following are the characteristics of Vulnerable Family. Vulnerable Families at Risk of Dysfunction. If the background is identified, preventive Family and Teacher Counselling can help.

1. **Poor or negligible Father-Child** relationship; lack of Bonding of Fathering from an early age.
2. **Single Parents** have a handicap whether by death or divorce.
3. **An Only Child.** This prince/princess is deprived of sibling relationships and is more likely to be protected.
4. **On Vital Relationship** of parents resulting in peer Parent-Child relations.
5. **Under Involvement** by part time parents Over involvement and Overprotection by parents.
6. **Family in Transition.** Parents trying to move up the social ladder and are insecure themselves.
7. **Parents with mixed ethnic cultural or religious background,** confused about codes of behaviour and prayer / worship.
8. **Spiritual Poverty** in family No vision. Poor beliefs in lasting values.
9. **Lack of sibling support,** competition and unfair comparison.

10. **Authoritative dictatorial father/mother** with no listening ability.
11. **Alcoholic father**, lack of role model for offspring Abusive behaviour.
12. **Permissiveness** seen commonly in affluent and social classes.
13. **Unresolved childhood conflicts**, grudges, children wanting to "get back" at parents, society, show their "power" at "hurting".

When these 13 "at Risk" Characteristics exist, alone or together a good teacher, friend and spiritual strength can offset a disaster, a Drop out, Delinquents, Drug addict.

Common Refrain heard in Dysfunctional Families

If only I had someone else's position.

If only I had someone else's gifts.

If only I had someone else's opportunities.

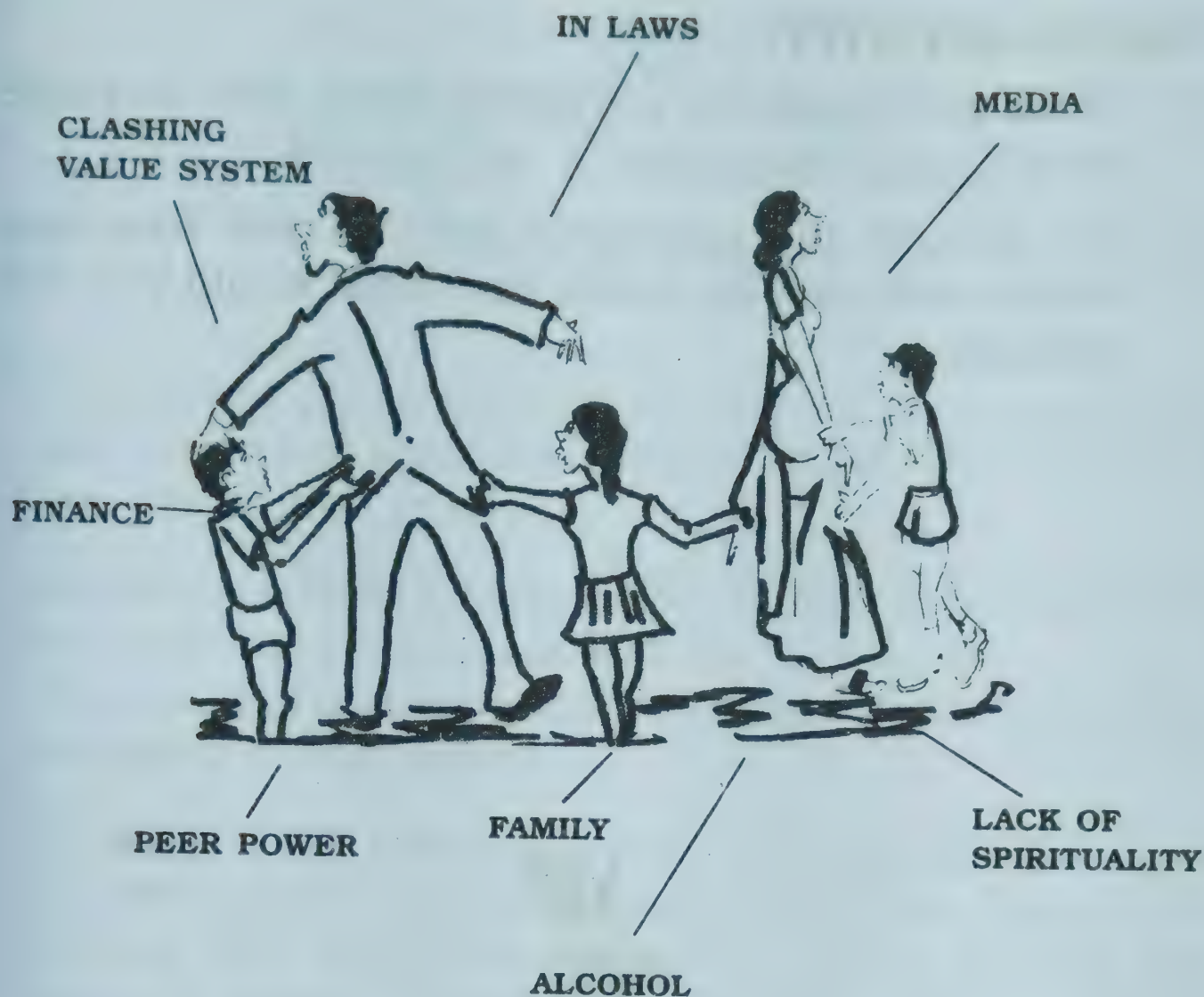
If only I had someone else's education.

If only I had someone else's health.

If only I had someone else's possessions.

With many options to choose from, and with the strong winds of many cultures seeking to fill the vacuum created by change, it is the Dysfunctional family that is the greatest need of help today.

FAITH, FAMILY, FRIENDS AND A SUPPORTIVE ENVIRONMENT are vital to reverse the tide on whose crest the Dysfunctional Family finds itself poised.



FAMILY, VALUE YOURSELF - MAKE HEALTHY CHOICES

"The Dysfunctional Family has to be aroused to action remembering that our Youth have an open mindset. They are not only the richest potential of the country, but also its present strength"

- Michael Reiffenstues

Parents also need to be happy and satisfied. There is a mutual give and take in any intimate relationship and to get out of the pit of Dysfunction is important. Be Counselling before it is too late.

VALUE ACTIVITY:

1. If you go through the preventive check how do relate to it?
2. Go through the vulnerable list. Do you have any friends who may be in this list? What would you do? Discuss.



"If you want your children to turn out well, spend twice as much time with them and half as much money on them."

- Abigail Van Buren

Family Counselling

How it Works

"The injury of one shall be considered the injury of all, the comfort of each the comfort of all, the honour of one the honour of all."

Family Counselling looks at the family as a community because we individuals are the products of Grand Parents, Parents and Environment. These important members of the system.

We look at the positive points that hold the family or couple together - thus creating a Common Ground for dealing with conflicting situations - From Positive and Negative, Solve - Guide - Continue by Self Help of the Family members to become a self-energised group.

1. FIVE STEPS IN FAMILY COUNSELLING

1. Observation Distancing - Seeing the family unit from outside.
2. Inventory - noting the problems from within, individually.
3. Situational Encouragement and Optimism - Working on positive strengths of family members.
4. Verbalisation - bringing out and speaking and sharing views and suggestions, discussing how to deal with negative attitudes, inter relationships in a family - a community of sharing, caring inter relationships..
5. Broadening of Goals - setting goals and working outward - positively.

2. COUNSELLING IS ENABLING THE FAMILY MEMBERS TO SOLVE THE PROBLEM

A Counselling relationship is a purposeful relationship. It is established for the sole purpose of helping the counselees deal with their problem.

It means enabling the family to understand the problem or situation leading to the problem of each member and the family as a whole.

It maybe good to involve helpful and acceptable relatives.

INGREDIENTS IN CARING

Family members must respect each other. Remember "To care for another is to help the other to grow and actualize him/herself". Eg: The father respects his child as existing in his own right and striving to fill the need to grow.

Surface Family Strengths by exploring and understanding.

GUIDELINES

- | | |
|--------------------------------|--|
| Do not take sides | : Give time for all members to meet you |
| | : Ask Relevant Questions |
| | : Avoid distractions from main problems |
| Focus on one problem at a time | : Seek clarification from other family members. |
| Avoid arguments | : Listen with a third ear. |
| | : See individual members separately and discreetly |

EMPATHY

Empathy is one of the essential skills of counselling and can be broken up into steps of which there are five -

1. To tune in yourself
2. To fully comprehend counsellee's experience/feelings by Counsellors own life experiences.
3. To tune into the family
4. To respond to other's feelings
5. To suggest possible courses of action to different family members but all leading to help solving the problem.

Empathy literally means to fill in, to stand in another's shoes, to get inside his/her feelings. It is a temporary, partial identification with at least one segment of another person's experience. It is the process by which two persons begin to show understanding and acceptance of each other's feeling. It involves both tuning into the feelings of another person and responding to the feelings in a way that allows the other to know that s/he has been heard.

Parents must be very vigilant for their children. Child Abuse and Neglect in the Family occur frequently and maybe concealed due to fear or loyalty.

"Using metaphors to explain some of the concepts in his Psychology of Created Humanity, Dr. Ney sees a child as both builder and building. God the Creator provides each child with a Blueprint or Scripting. Every child is determined to build according to his/her blueprint, and seeks to find the building materials in the right quantity at the right time. Abuse occurs when somebody partially destroys this lovely little building as it is being created."

Thus, neglect is often more damaging then abuse in some instances.

TRANSACTIONAL ANALYSIS (T.A.)

TA is a powerful social psychological tool developed by Eric Berne for analysis and can be very useful in Family Counselling.

We function at 3 different levels -

Ego - I am a "very important person" - the Parent.

I need to "balance" and be down right practical - the Adult.

"I want" the Child.

I'm OK, you're not OK.

Or I'm not OK, you're not OK.

I'm not OK, you're OK and come to a final positive optimistic attitude.

I'm OK, you're OK.

This analysis assists in problem solving by explaining = how and why one thinks, feels and acts.

Each one of us can think and act in three different ways:

As a Parent - **Assertively**: to stand up for our rights in ways which do not violate the rights of the others.

As an Adult - **Aggressively**: to stand up for our rights and to express our thoughts, feelings and beliefs in such a way that others rights are violated.

As a Child - **Passively**: to fail to stand up for our rights, to not express our thoughts, feelings and beliefs, or to express them so apologetically that they are ignored.

"There are good arguments to support the thesis that evil seeks to incite people to destroy each other, especially by dehumanizing and scapegoating children". (Philip Ney M.D.).

Family interrelationships are constantly changing as children move into adolescence and adulthood. However, they need to be dynamic and adaptable. Authority is replaced by dialogue and giving by sharing. The family 'togetherness' through prayer and physical meetings or 'reunions' and letters when separated keep the family bonds strong and supportive.

CHILD ABUSE

If in a family, a member is suspected of being abused, by another member of the family, then do not wait for proof. With skills of caring, voice your concern, explore and determine the probable suspect. Ask for help from the suspect and it is possible he/she confess. Proceed with confidentiality.

VALUE ACTIVITY

Study Transactional Analysis and apply it to a problem in your Family or yourself or friends for maximum functioning.



The Psychology of Sexuality

THAT'S WHAT YOU ARE !

"Sexuality is a privileged mode of expression for human beings only"

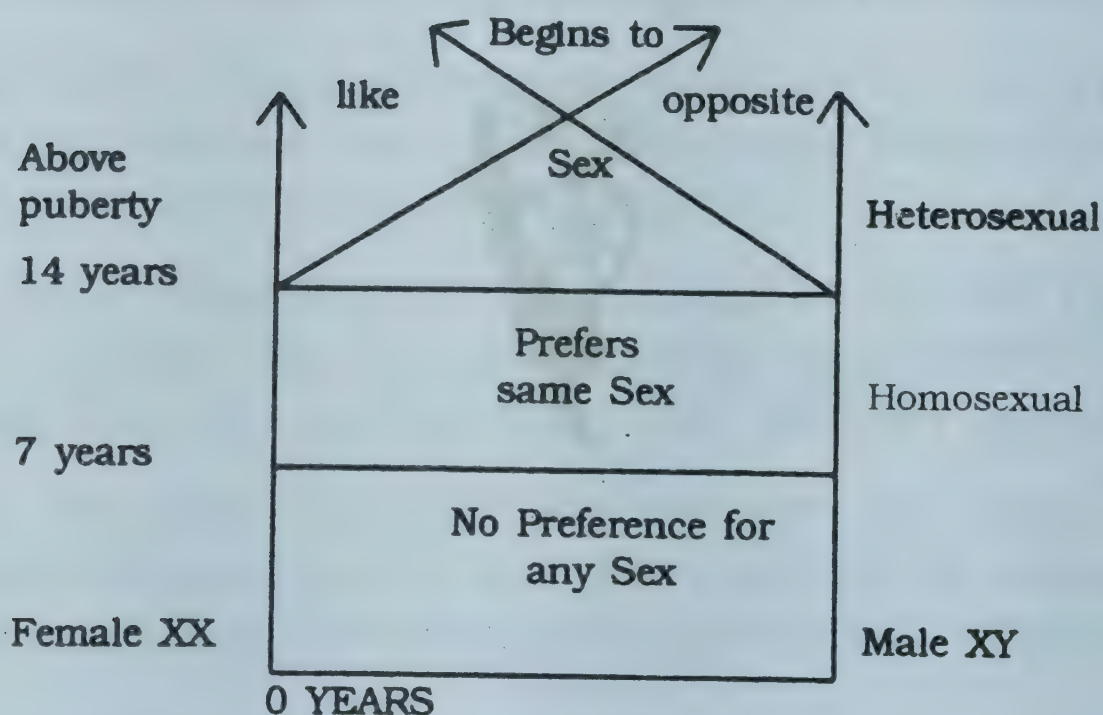
1. EVOLUTION OF SEXUAL IDENTITY

DEFINITION

Human sexuality is an expression of one's intimate innermost personality and is expressed as either femininity or masculinity in women and men respectively. Human sexuality is expressed in all five aspects of the human personality i.e., in the physical mental or intellectual, emotional or psychological, social and spiritual. It is expressed differently in each sex and the feminine and masculine complement each other in all these aspects.

THE EVOLUTION OF HUMAN SEXUALITY

NORMAL HETEROSEXUALITY



The Psychology of Sexuality

In the early years, the child shows no preference for any sex. Between the ages of seven to fourteen, the relationship changes with girls and boys becoming more drawn to the same sex for role models and characteristics which they admire and aspire to imbibe and develop their own unique masculine or feminine nature. Once they have their own sexual identity then they are ready to meet the different opposite sex. Thereafter during the years of puberty, boys and girls begin to be interested in healthy heterosexuality. The diagram explains the evolution of human sexuality.

Friendship based on shared values are cultivated with mutual respect and admiration built in for different views and opinions.

2. DETERMINANTS OF SEXUAL IDENTITY

The two determining factors are:

1. Culture and
2. Biology

Culture plays a significant role through the family, society and the education imparted, to the depth and extent of the development of femininity and masculinity. These are beautiful and equally strong qualities which women and men should try to mature in.

The roles of men and women are becoming less clearly defined today. Submissiveness and passiveness are no longer desirable qualities in women and it has become necessary to present true femininity, and not the Women's Lib views on the other extreme i.e. to be like men.

Biology also plays a significant role in determining the femininity or masculinity of an individual. The hormones especially sex hormones are influenced by heredity and emotions.

THE BRAIN IS THE MOST IMPORTANT SEXUAL ORGAN. It directs the hormones and the nervous system of the reproductive and other systems. Since heredity cannot be controlled once the child is conceived, every opportunity to influence the environment should be seized and utilized. A good or balanced diet, adequate rest and exercise can develop the physique. However, emotional maturity needs to be consciously and deliberately developed and matured for a whole-some personality. Genital, emotional and social maturity follow in this order and educators should recognize feelings and urges that come as a whirlpool of confusion.

THE ADOLESCENT AND SEXUALITY

It is from sexuality that the individual person receives the characteristics that make the person, a man or woman thereby largely conditioning his or her role and progress in society. Contemporary scientific research has established that a human being is profoundly affected by sexuality. We are sexual beings from childhood to old age.

Femininity

A mirror reflecting her feelings

- Emotional
- Empathy etc
- Affiliating
- Creative
- Intuitive



Masculinity

An arrow, direct aggressive

- Physical
- Rational
- Direct
- Aggressive
- Logical



THE SEXUAL URGE OR LIBIDO IS STRONGEST IN BOYS BETWEEN 14-21 YEARS AND NEEDS TO BE CHANNELISED INTO HEALTHY SPORTS AND CREATIVE HOBBIES.

However Fertility-the capacity to create another human being, emerges in puberty as a dynamic force during adolescence when a radical restructuring of the internal environment occurs and needs to be integrated into the personality. This integration is opposed by popular media causing havoc if not dealt with by education in the home and society.

The major development in the life of an adolescent is the physiological change that takes place. Gonadal development and the infusion of gonadal hormones into the body stimulate new, fantasies and emotions.

The newly acquired genital capacity is also accompanied by a new source of creativity and productivity. **The physiological problem for the adolescent is integration of these new realities into a developing concept of self.**

The adolescent must learn to integrate sex with love and affection. In the past parents were accustomed to the close, affectionate relationship with children which was uncomplicated with sexual conflict. But with adolescence the close family fold loosens some of its ties giving way to peer pressure and the attraction to the opposite sex. This enables the adolescent to divest himself from total involvement of loving feelings only within the family and reinvest these feelings in the peer group where he experiments in forming relationships and attachments. This is the beginning of identity formation - the evolving of the new self.

FUNCTIONS OF SEX

The two functions in order of importance are

1. Relational - Man and Women in Friendship
2. Procreational - Sexual and Genital Activity.

Recreational, this 'function' is over-emphahsised and distorted by the media, and often results in Promiscuity, Aids, Psychological problems, Cervical cancer (found mostly in women with changing genital partners) and other serious conditions both emotional and physical.

SEX SEPARATED FROM LOVE

Knowledge which has brought us power and artificial control (which separates love and sex) over human generation has brought with it the question of voluntary decision and consequently of responsibility. **But the power to choose has come so suddenly that the sense of responsibility seems as yet inadequate.** The new knowledge strains the old traditions. In other words it involves a serious moral emotional problem involving another human being as well.



"Four things to learn in life :

To think clearly without hurry or confusion

To do love sincerely

To act in everything with the best of motives

To trust God unhesitatingly".

- Helen Keller

Education in Human Sexuality

Young people today are exposed to and encouraged to participate in sexual activity long before they form a real understanding of what sexuality is.

Hence it is essential that they be given the proper education in a healthy environment which helps them to understand that they do have a choice not to become involved before they are able to accept the responsibility and consequences of their actions.

Knowledge without responsibility, is not true knowledge or education. It is mere information and when the media treat sex as a recreational activity it is downright dangerous.

It thus becomes expedient to accept the knowledge, and work out standards to enlighten and guide our youth from the harmful media and promote sound value based education.

Dr. Shekhar Sheshadri, child psychologist says, "Sexuality is not just about sex. It's about knowing who you are, being comfortable with who you are, your identity, rights, roles, the right to accurate information, preventive education, values, decision making assertiveness, conflict resolution and safety."

ANSWERING QUESTIONS – KNOW YOUR SEXUALITY

Sex education is a continuous process which begins when children start asking questions. And it is better

that it is us who are answering the questions truthfully rather than them getting distorted information from unreliable sources. More than 80% of our youth do not receive this education in the home or school.

IMPARTING THE RIGHT SEXUAL VALUES

"It is not enough to give our children facts. It is one of the most important jobs of any parent to make sure their child has his/her values in place."

In conclusion, it may be worthwhile to remember that an education in Sexuality is the process of assisting young people in their physical, social, emotional and moral development as they prepare for adulthood, marriage, parenthood, ageing as well as their social relationships in the context of family and society. It is a very important issue that parents and teachers need to acknowledge and address if they want to make sure that their children are well. It will result in health safety, and well being of the community and future generations.

"Sex in the right place at the right time, with the right person is a magnificent thing. This means sex within the shield of marriage Sexual restraint does not mean deprivation. It means happiness in depth Chastity and sexual passion go together."

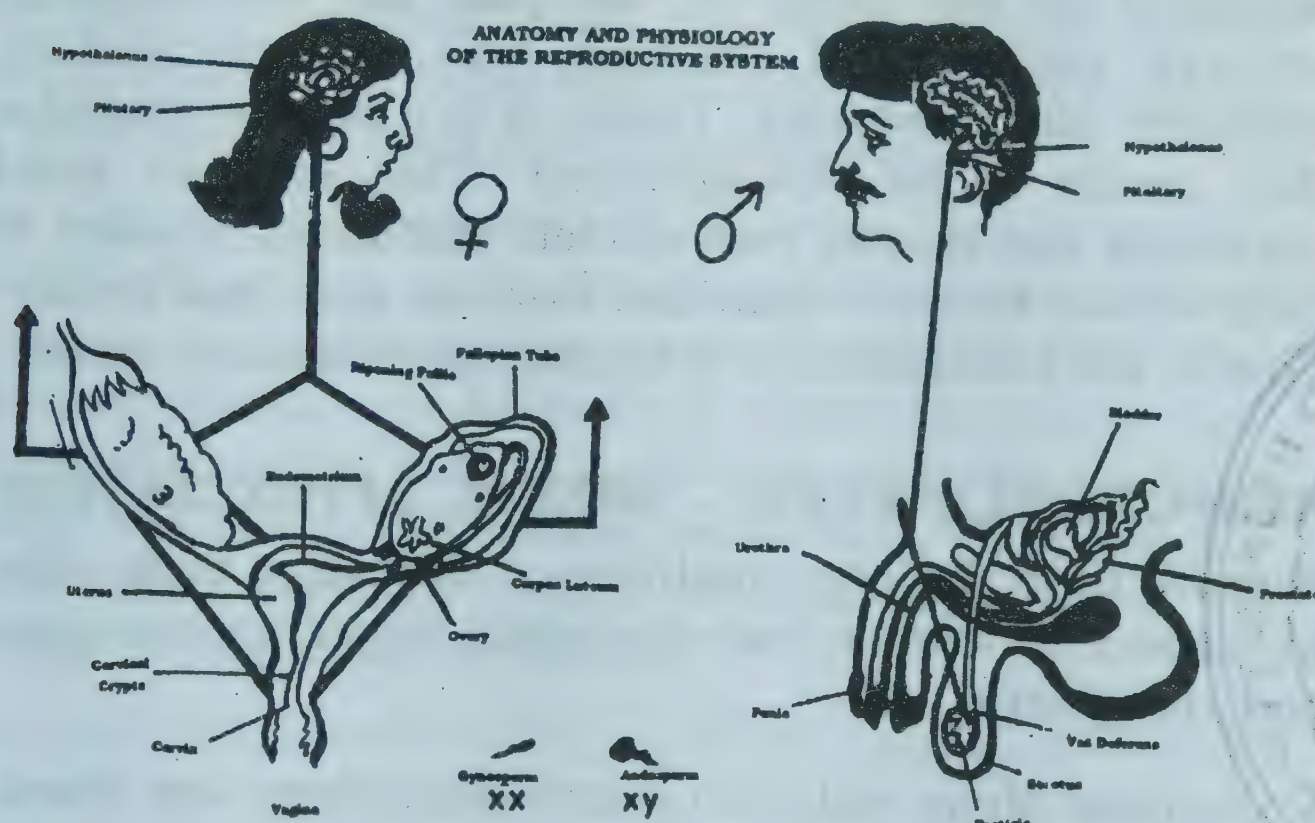
SEX EDUCATION: WHOSE RESPONSIBILITY?

The imparting of Sex Education provides an excellent opportunity for parents and teachers to convey a sense of values to the adolescent. Values that show the importance and dignity of sex and its reality and how to develop their masculinity and femininity.

"It is the responsibility of the parents and teachers to see that the institution of the family and school do not reflect the emptiness of society and resist or even fight the evils of society.

Let there be things and more things. Greater facilities in education are being increasingly provided. More and more branches of the Arts and Science subjects are made available but the roots are neglected. "Computers and Robots are mere machines, not value educators."

Ethics, moral guidance and preventive counseling remove curiosity and the danger of experimentation. Ignorance is unhealthy and dangerous. Education in sexual values keeps the child innocent and strong.



PARENTAL RESPONSIBILITY

Parents give their young child sex education many years before they can begin to give him or her sex information: because whether they are aware of it or not, parents are giving their children sex education from the moment of their birth by the way they deal with them and by the

home atmosphere with which they surround them. Information divorced from values is harmful, and parents by their own body language and gender appreciation can help the child to develop standards of personal conduct and the strength of character to maintain their values which will help to make wise choices. She/he will need these if she/he is to succeed in directing their own strong biological urges wisely and in meeting the conflicting ideal of their peer, groups.

To develop an authentic femininity or masculinity, the role of the father and mother and the strength of the parent child relationship play a very important part. The mother and daughter, and father and son relationships will be the key to the adult sexuality assumed by the child. In the past the relationships between parent, and children, was characterized by authority and obedience. Today, it is a healthy dialogue that needs to be strengthened. This ensures good parenting and gender role models that must be used to differentiate between man and woman, male and female. This is the foundation of a healthy heterosexual society.

RESPONSIBLE ETHIC - SEXUAL APPRECIATION

Parents have the responsibility of educating their sons to respect all women and give equal importance to sons and daughters.

1. Letting their children know that they are loved, wanted and accepted.
2. Understanding the growth, and developmental changes occurring in them.
3. Acquiring a vocabulary with which they can express themselves with ease in talking about sex.
4. Learning how to answer questions relating to sex simply and directly.

5. Establishing a continuing relationship with each child so that she/he feels free to ask questions which are of concern.
6. Directing their youthful energy into wholesome and constructive channels.
7. Building sound attitudes towards sex and high standards of conduct.
8. Helping children become independent, responsible person and showing by their lives, day by day, how the well adjusted adult view the whole subject of sex and fit it into its proper place in life's general scheme.

Young parents are assuming these responsibilities in increasing numbers. They are better prepared to do so than earlier generations of parents. At the same time they have to contend with the stronger and often harmful environment and media. Good books and films are now available, as also good-counsellors.

Very often the reaction of parents, when asked question about sex, make the child feel that something is not quite right. Adults need to realize that the questions should not be put off. Children should feel comfortable when asking questions and the parents should feel comfortable when answering. They should answer them honestly with as little or more detail, as the age of the child warrants.

Many adults who wish to help children form sound ideas about sex are uncertain how to go about it. An awareness of the fact that daily life is full of natural opportunities for sex education will make their task easier. Many opportunities occur at home, others arise from the child's relationship with both parents and their own relationship.

"I discovered I always have choices, but often it is a choice of attitudes".

- Yvette Gonsalves

It has been said that the love of the husband and wife for each other and for their children is the very essence of good sex education, for the roles of husband and wife, in a bond where love and sex in marriage lead to responsible parenthood, are seen clearly. "Father, if you want to love your child love its mother first," is a sound adage.

Studies show that youth go to **friends of the same age**, sometimes to teachers, but most often to the **media** which are not only unsuitable but often have the wrong focus, devoid of values. This is where a responsible teacher comes in to supplement or replace parental duty.

FAMILY LIFE EDUCATION IN SCHOOL AND COLLEGE

Ideally, the school and college should supplement and build upon the firm foundation relating to sex already laid in the home. Sex education must skillfully combine the traits of Love, Sex and Marriage and family life into a course which oriented to the total personality of the man and woman. A syllabus can be collected from CREST.

SUGGESTIONS TO TEACHERS - TAKING THIS SUBJECT INVOLVE PARENTS AND IN WORK PLACES - COUNSELLORS.

Suggestions to teachers concerning direct sex instructions:

1. Establish a warm, friendly, respectful open minded classroom climate, free of embarrassment, to which students feel free to discuss problems which concern them.
2. Discuss matters relating to sex in a direct, unemotional and unembarrassed manner.

3. Acquire an adequate scientific vocabulary.
4. Emphasize the normal aspects of sex.
5. Develop an appreciation for the body as the temple of God. Abuse of the body is abuse of God's creation.
6. Seek to build the fine attitudes and understanding which will enable students to make wise choices.
7. Think through problems with students and let them draw their own conclusions from examples of different behaviors.
8. Give appropriate facts because understanding helps to eliminate excessive curiosity. Encourage questions.
9. Use a question box in which students may put questions anonymously. This is one technique of getting a class started on the way to free discussion.
10. Use films and other visual aids to help clarify and see the adequate and carefully selected books in the library.

IGNORANCE IS DANGEROUS:

There is no truth in the belief that "Sex education is sometimes responsible for the high illegitimacy and abortion rates." Unmarried mothers and girls who have had an abortion have had little or no sex education from home or school. They may have had information but not 'education'. There is documentation on this fact.

Ignorance does not seem to prevent sexual activity, but rather promotes the undesirable consequences of sexual behaviour, unwanted pregnancy, unwanted maternity and STD (Sexually Transmitted Disease). Youth should be knowledgeable and thus motivated to keep their innocence and child like (not childish) trust in the opposite sex. This they will do with good sexual role values and the right or wholesome education.

RELIGIOUS BELIEFS AND ATTITUDES

It is obvious that educational innovations which affect human relationships would have to take into account the varying cultural traditions of their people, as well as the milieu in which they live. For a country like India and even in the West this would be a formidable challenge. It is inevitable that in a nation of a billion people there should be wide-ranging variations in social and cultural patterns influenced by religious beliefs, ethnic, geographic, economic and other factors. India is a secular state where no religion has been given an establishment status, but Hindus form about 82.5% of the people with 12.7% being Muslims 2.5% Christians, 1.79% Sikhs and smaller minorities of Buddhists, Jains, Parsis and others.

HINDU ATTITUDES

The origin of Hindu attitudes towards sex and marriage stem from the remote Vedic age. Over the centuries, these traditions have been formed and transformed and proliferated into a bewildering variety of expressions. But nevertheless there is a fundamental unifying influence which permeates them all and has developed into a recognizable culture and living tradition.

The ancient Sanskrit classics offer an amazingly wide range of human activities and aspirations. In the realm of daily living, the Shastras provided guidelines which still exert an influence on the older people. The Dharma Shastra dealt with religious and philosophic life, the Artha Shastra with the acquisitions of material wealth and prosperity, and the Kama Shastra with the knowledge of love and sex. Vatsyana in his Kama Sutra (thought to have been composed anywhere between the first and fourth century) said that a man should practise Dharma, Artha and Kama in such manner that they

harmonized. He also affirmed that "Kama" was a subject which required to be learned and could not be left unstudied. **What is very significant is that he affirmed that this applies to both men and women.**

For the **CHRISTIANS** too, sexuality is gift from God designed to bring harmony and fulfilment to two person who join together to continue God's plan for the human race. In both religions, the body is considered as God's dwelling and handwork.

"One woman, one man, one life for a lifetime open to life." Chastity, both celibate and conjugal is seen as natural, good and satisfying.

ISLAMIC ATTITUDE

Islam views sex as sacred in marriage. It condemns sexual activity outside marriage or casual sex. It should be related to procreation.

VALUE ACTIVITY

1. Screen a film on Human Sexuality. Discuss and ask questions of expert / parents on a Panel.
2. Discuss various myths, beliefs and existing attitudes and their value systems.
3. Encourage involvement of parents in the school and at home.
4. Discuss the fact "that to be sexually active, you need not be genitally active, and that if you are genitally active (like a sex worker) you are not sexually active."



Premarital Sex

Are you ready?

What exactly is wrong with young unmarried people having sexual relations? Based on the psychology of human permanence and commitment, it is harmful.

Sexual relation should be within marriage because they were given to men and women as a sign of their total and permanent love for each other that involves their deepest decision and emotions.

Marriage should mean that a young man and woman have, after careful thought, time and reflection, chosen to live together for Life. Up to twenty-one, most young people in India are not ready to make this decision. What's right about premarital Sex? Nothing!.

LOVE IS PATIENT - LOVE WAITS - Says Priya

Why I am Waiting?

SO I CAN BE FREE OF:

Guilt - rejection - Sexually Transmitted Disease -
Pregnancy - abortion - A bad reputation, Being used

Decision

SO I CAN BE FREE TO:

Develop Healthy Friendship - Plan For The Future

Faithfulness - Think clearly - Give my purity to my Future spouse and expect it in return

Respect myself and others

Before sexual relations should come the whole series of mental, physical and emotional developments which

characterize youth before 21 years. The person you are not will have changed significantly in many ways ten years hence when, perhaps, you will be ready for marriage.

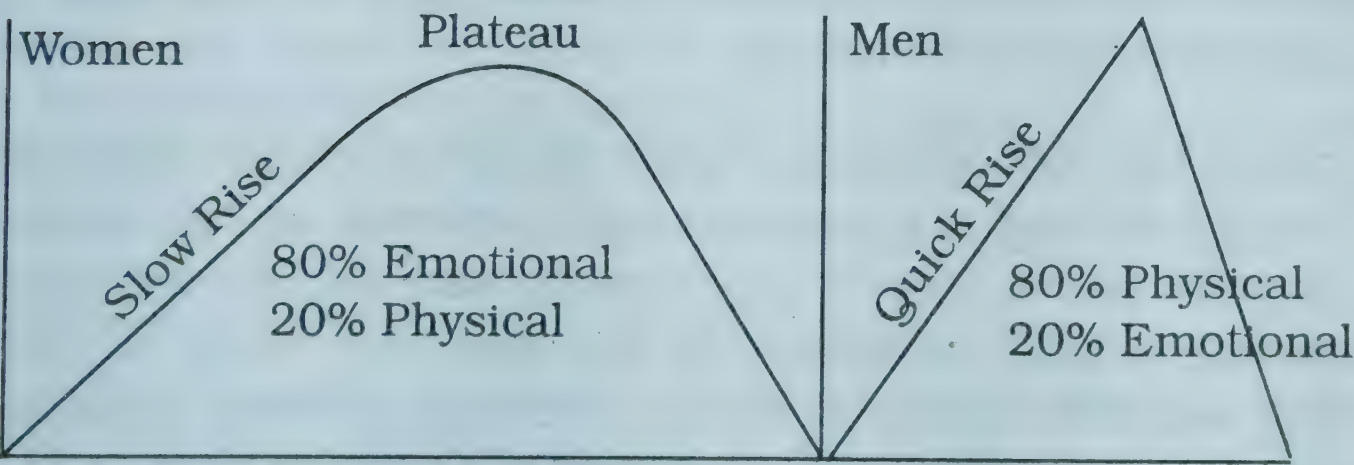
You will then be able to take on all the responsibilities associated with marriage because you will have a firm knowledge and expertise of yourself and your capabilities.

THE PSYCHOLOGY OF HETEROSEXUALITY

AWAKENING SEX INTEREST: Boys become gradually aware that girls are attractive and alluring. The girl realizes that boys are different and desirable. Since the urges are so new, physical and powerful, the teenager tends to become fascinated and there is a great curiosity, a wonderment about oneself and others.

Sexual maturity and understanding of the opposite Sex come gradually with the experience of healthy social mixing, which should be encouraged.

Trial Marriages	
Live in couple	poor failure
Casual Sex	



Quantifying LIBIDO or Sexual Urge - Normal

DANGERS OF PHYSICAL INTIMACY FOR YOUTH

Friendship - Yes Intimacy - Not yet.

Friendship implies Emotional Dependency. Intimacy implies both Emotional and Physical Dependency.

A man's instinctive reactions to female attraction is predominantly physical whereas a woman's natural response to male attraction is predominantly emotional. A woman usually wants to give and receive emotional demonstrations of affection. Whereas a man may desire to go further than this and to express his desire physically even by the act of sexual intercourse. A foolish girl who invites her boyfriends by word or sign to express affection by kissing and petting, may find to her dismay that in all innocence, she has aroused strong passions in him, perhaps causing him to lose his self-control, though she herself may remain relatively undisturbed.

But individuals differ greatly in the strength of their sexual feelings and some girls may be easily swept away by their natural desire to respond to affection. Furthermore an uninformed boy may imagine that the girl's reactions are the same as his own and regard her show of affections an invitation to greater intimacy.

It is vitally important for a girl to understand these basic differences between the sexes and to help him to preserve his self control.

Since the reproductive organs of the male are external, sexual feelings are more directly centered on the genital organs, and a man is more easily and quickly aroused. Strong sexual excitement in the male can occur in very few seconds, often easily as a result of even thinking about sexual relations. Girls must realize that they can unnecessarily stimulate boys by their dress or behaviour in a suggestive manner.

A boy may have sexual relations with girls for the sake of physical satisfaction. But he may be surprised to find later that for the girl it has not turned a love into relationship. For him it still remains; a physical experience. If the girl is really in love with the boy, such a one sided situation may have quite unhappy results. Girls become bitter, disillusioned, heartbroken and sometimes marry wrongly in their distressed emotional state, may resort to suicide or other undesirable methods of coping with the situation.

COUNSELLING YOUTH ON PREMARITAL SEX

Ninety nine percent of sexual disorders or problems after marriage are psychological and therefore very difficult to cure. Preventive counselling should give adequate information of the real hazards of engaging in both intimate sexual contact (close proximity of the genital organs without fully penetration) and of sexual intercourse.

DESIRE! "NOBODY IN THE DRIVER'S SEAT!"

"When a boy meets a girl and holds her hand for the first time, he expects the thrill to last forever. One year later the touch of the same girls means nothing. When attractions are only physical, it does not take long for the desire to fade and disappear. Then the boy thinks that the touch of another girl will bring him lasting happiness-only to be disillusioned again. This can only repeat itself over again. The trouble is neither with the girl nor the boy; it is the nature of desire to pass.

There is nothing wrong with desire. Like electricity, which can light a home or electrocute the tenant, desire is neither good nor bad. It is the most powerful force we have to drive us to action. Tragedy comes when desire is not subject either to the intellect or to the

conscious will. Then we have a powerful vehicle speeding without anybody in the driver's seat." Eknath Easwaran

PSYCHOLOGICAL DANGER

Sexual intercourse is a most complex process, wherein all the facets of the human personality are involved. Premarital sex is Genitality (Animal or biological in origin) and not human sexuality, as there is no surety, and it is performed furtively even in the so called modern societies.

GENITALITY IS NOT SEXUALITY!

Many persons confuse genital activity with sexual activity. Sexuality is femininity or masculinity. The sexual force creates power to bring forth new life. When we are celibate as most people are before marriage, for frequent periods during marriage and after one-partner dies, sexual activity can be creative through work, art and living in its fullest sense.

Genital activity does not by itself involve the personality: hence a prostitute keeps her feelings out of the physical acts she goes through. She is being genitally active, but not sexually active, and a woman or a man can be sexually alive and active when she or he is fully feminine or masculine without indulging in genital activity. Hence sexual activity is not genital activity.

Chastity and sexual passion go together in building up Masculinity and Femininity.

DANGERS OF PREMARITAL SEX

When one has premarital sex a whole series of emotions is involved. The brain is the most important sexual organ and in the human (as distinct from the animal) the brain initiates the whole series of actions, which are fully under the control of the human person.

The emotion and actions then motivate the changes in the human body and various organs progressing to sexual intercourse.

If premarital sex has been indulged in it is usually under pretense of being married or in place where both persons are unknown.

1. When the circumstances change, then the same partners find it difficult to adjust. If they marry each other thereafter, they often secretly or openly blame each other. The man feels the woman should have stopped him or not encouraged him and woman resents having been forced into agreeing.

If they do not marry each other then problems with their new partners result in difficulties that are very real.

Recalling, remembering other shared experiences and adjusting to new circumstances and surroundings can upset the libido (sexual urge). Often problems of partial impotence or frigidity result and these are very difficult to cure.

- II. Pregnancy is a normal physiological event for a married woman. When an unmarried woman becomes pregnant she faces numerous problems as in India it is really difficult to help such a woman.

If two people love each other and plan to get married, isn't it okay? Why wait till after marriage?

Why wait is really good question. Is sex so bad that you have to wait? No!

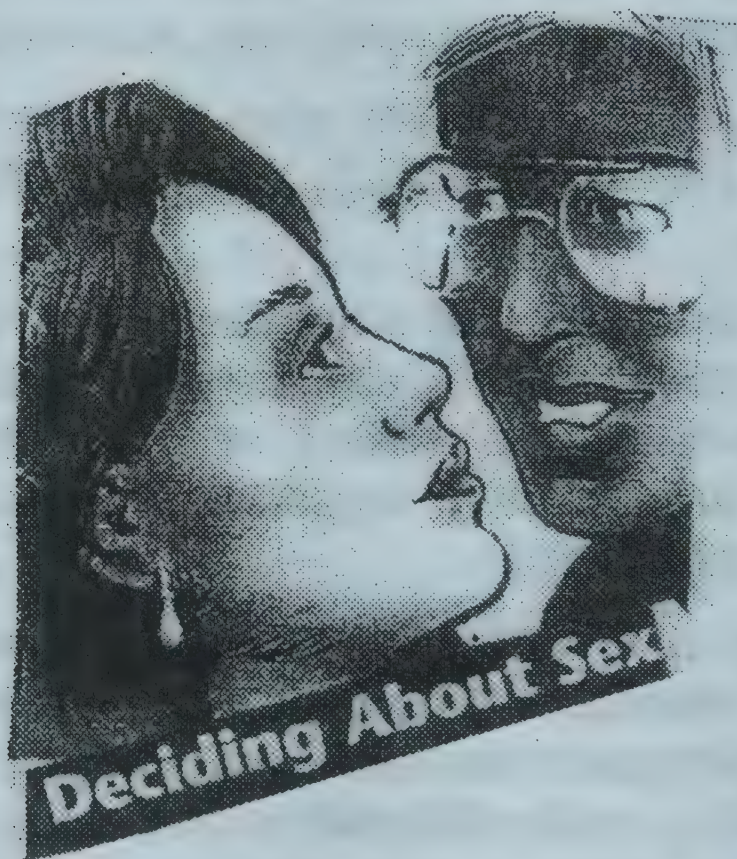
You wait because sex is so very good - and because it's good, you deserve it in the best setting with the right meaning.

They may say to each other, we are in love and someday we will get married, but they are really just fooling themselves and each other.

If you say you're really committed but you're unwilling or not ready for marriage, You're really saying " I am not sure. I'm not ready to make that final decision" or "I want to be able to "get out of this."

Be honest

Don't fool yourself or each other. If you're not ready for marriage, you're really not ready for sex. Wanting sex and each other is not the same as really loving each other.



ITS YOUR DECISION

NO IS A LOVE WORD

Everybody's doing it! Everybody's not doing it!

Sometimes things that seems accepted and normal only appear that way because you hear so much about them.

Have you ever noticed how commercials use what is called a bandwagon effect? If people can be convinced that everybody is buying a product, a lot of otherwise

smart people will rush right out and buy it , even if they don't need it or is not worth the price.

This is what seems to be happening with sex. The picture comes across that everybody's doing it.

But everybody's not doing it.

Every teenager is not having sex and many who don't want to just let themselves get talked into it because they are afraid that otherwise they won't be accepted. Say NO and you'll start feeling great!

BUT WHAT IF YOU WANT TO HAVE SEX FEELINGS?

What if you feel like doing it? Are there not lots of things you want to do? Are there not lots of things you feel like doing?

Does wanting to do something mean that it is the best thing to do? Your feelings never tell you how something really is. Your feelings cannot tell you if something is right or wrong. They can only tell you how something feels.

Have you ever travelled someplace and felt that you were going to the right place - only to find out that you were totally lost? The fact that you felt that it was the right way did not make it so.

Feelings are a very important part of being human but they are not the only part.

To be really free and to be really mature means to act responsibly. Before making important decisions about sex. It is necessary to do three things:

- Understand the feelings you have
- Think carefully about the feelings you have and the actions you can take and their consequences
- Act responsibly

Sometimes it is hard to say "no" to sex, and sometimes it doesn't feel very good to say 'No' but it can be done and saying 'No' today makes saying 'Yes' in marriage more worthwhile and meaningful.

"Celibacy is natural and normal only when the creative emotion finds fulfilment in a personal commitment or ideology".

TEENAGE PREGNANCY

For female adolescents, child bearing at an early age has many consequences. There is proof that abortions performed on adolescents may lead to infertility or problems in later pregnancies. The age group of 15-32 has traditionally recorded a higher female mortality rate and this is the most strenuous and arduous period of a woman's life. The result of the Medical Termination of Pregnancy Act has had damaging effect on unmarried girls especially since pregnancy is no deterrent in the face of the legal sanction and the free availability of abortion.

No family planning method is hundred percent effective and the woman finds that her partner may not even support her emotionally or even financially.

She should go through her pregnancy, since abortion will not only take away the life already growing within her, but also leave many psychological and physical scars.

In a recent London University survey the boys answered that they did not feel that premarital sex was necessary or helpful, but they were afraid the

girls would think them less virile if they did not persuade a girl to have intercourse and girls said they only agree because they did not want to be thought square or old fashioned! What a gap in communications!

Dr. Robert Blood,, in his collection of research papers, also came to several major conclusions and we'd like to list what those are. The First conclusion he came to is that pre-marital intercourse is associated more clearly with broken relationships than with strengthened ones. Second, he found that divorce is more common among couples who have had pre-marital intercourse. Third, adultery is also more common. And fourth, marital unhappiness was also found to be higher among those couples who had not waited for intimate sex until marriage. Fifth, ninety nine percent of sexual disorders or problems after marriage are psychological and can therefore be very difficult to solve.

Jack & Barbara Willke

MYTH

It is a myth that "Sex means erection, intercourse and orgasm, no other pattern is the real thing." "This is 'genitality' as in animals. This pressure on men in particular together with a deeper emotional maladjustment, explains the sexual unhappiness of some men's experience. Zulbergeld explains clearly "*Virginity and abstinence are not problems, but legitimate choices*".

"This fear of not conforming or being left out is at the basis of adolescent growth, and permissiveness and promiscuity are the 'cures'. Unfortunately adolescents do not often realize it in time and still more unfortunate are then elders who fail to provide satisfactory and wholesome models.

"Sex is the Sacred Expression of one's innermost feelings" This is the TRUTH.

MYTH

It is a common experience to hear the argument that premarital sexual experience makes easier the adjustments of subsequent marriage. This is far from being necessarily true.

A successful marriage involves a great deal more than mere sexual attraction and physical compatibility. On the emotional plane the essential selfishness and hedonism of casual sexual attachments can make more difficult the learning of mutual forbearance, which is the basis of marriage.

SEX IS NOT CASUAL!

Even on the physical plane experience of one set of circumstances does not necessarily carry over when conditions are changed. Sexual potency in the male is a very complicated, conditioned reflex. When it is acquired in circumstances of haste, furtiveness, excitement and often alcoholic stimulation, which accompany illicit intercourse, it can easily become conditioned exclusively to these circumstances. In the more serene environment of the marriage bed they are largely absent and it is by no means uncommon to find impotence resulting from this.

These considerations make a compelling case against casual or promiscuous sexual intercourse. Why does the pronouncement of a few words in church or registry office make any difference to what they already regard as a definite understanding?

The answer to this is that marriage involves, or should involve, a total commitment. This commitment cannot be undertaken lightly and is never complete until it has been solemnized by the formal ceremony of marriage. Engagements quite often do not stand up to the increased intimacy of the betrothed state and, even more so, going steady can be a very relative term. If an association has involved sexual intercourse its termination can be a much more painful and damaging business. This is particularly true for the female partner. Biologically speaking, reproduction is such an important part of a women's life that, although she may enter into a sexual relationship with discretion, once embarked on a liaison she finds it very difficult to get it out of her system. It is by no means uncommon to see young women chasing an unwilling lover to the point of mutual embarrassment or giving up in despair and resorting to a career of desperate nymphomania.

MUTUAL TRUST AND FIDELITY

There is another point. Marriage is based on mutual trust and fidelity. All marriages go through periods of strain. At such times it is easy for one or the other spouse to suspect the fidelity of their partner when they know that he or she has been previously unchaste, even when the unchastity has been a shared experience. The jealous man or woman is never logical regards every association however innocent, as adulterous. There is nothing that can more easily wreck a marriage.

VALUE ACTIVITY

Discuss the Diagrams and sub-headings in class and with friends.

Sexually Transmitted Diseases & AIDS

Acquired Immune Deficiency Syndrome (AIDS) has aroused the concern of the world, where many countries are reporting its occurrence. It ends in death, there is no vaccine to prevent it.

AIDS is a killer disease

A disease that is spreading very fast in the world! Especially - in Asia and India. It spreads by a virus called Human Immuno Deficiency Virus (HIV) that destroys the Immune system completely. There is no Vaccine in sight and no medicine for AIDS

HIV - AIDS IS SPREAD BY

- Sexual contact with an infected person
- Using blood or blood products not tested for HIV Infection.
- Using unsterilised Instruments, blades, Ear piercing, tattooing
- Drug addicts sharing infected needles
- Homosexuals are especially at risk
- Pregnant infected mothers to their babies
- Infected mothers to Breastfed babies

A person who has HIV infection may look normal for a long time. Only when they get the disease AIDS (after 7-10 yrs), he may have one or more of the following:

Rapid loss of weight, severe diarrhoea, weakness, low fever, chest infections, glandular enlargement, skin cancers, tuberculosis and nervous brain disorders, all leading to death.

Even during this time that they look normal and healthy, they can spread the HIV virus to others.

"Sexuality is an attribute. It is not an activity".

Indian groups at risk are:

- Prostitutes or sex workers and their partners
- From Blood donors not tested for HIV virus
- Homosexuals
- Drug Addicts through the needle

The disease may present itself as tuberculosis. India has over 5 million positive HIV tested persons (Estimated)

Of those who have developed the full-blown disease, 98% will have died within 2 years of diagnosis. In the case of very young and the old, the survival time is shorter. Some may live up to 12 years. Treatment with ART prolongs life.

In India, 85% of the infections are through sexual route, 2% through blood transfusions, 2% through intravenous drug use.

There is a small percentage of cases where the etiology is unknown

THE END IS DEATH

"When you have sex with someone, you are having sex with everyone they have had sex with, for the last ten years, and everyone they and their partners have had sex with, for the last ten years"

C. Everett Koop, U.S.
Surgeon General



DO YOU KNOW THAT?

Condoms Are No Guarantee against - AIDS

- They leak!
- They Break! Don't Condemn Yourself to Death with Condoms!
- They Deteriorate
- They fail! Nearly 1 in 6 will still contract AIDS from an infected partner with 100% Condom use.

- Dr. M.A. Fischl

(Journal of the American Medical Association, USA (Feb.1987))

3D Structure of HIV is revealed

The 3D structure of the virus, which causes AIDS, has been revealed for the first time. A team of UK-German scientists took hundreds of images of viruses that are 60 times smaller than red blood cells, and used a computer program to combine them. The 3D map would help in understanding how the virus grows.

Like any virus, HIV is not a cell but rather strands of genetic code wrapped in protein. The virus invades living cells and takes them over, usurping the cell's genetic code with its own.

WHEN IGNORANCE IS DEATH



**THE HIV VIRUS
MAGNIFIED**

TREATMENT DELAYING

PALLIATIVE EXPENSIVE

VACCINE PROBABLY NEVER!

**HIV THE AIDS KILLER VIRUS IS STILL NOT
FULLY KNOWN OR UNDERSTOOD.**

**IT MUTATES (CHANGES CHARACTER)
CONSTANTLY**

**AND BEHAVES DIFFERENTLY IN
DIFFERENT CONTINENTS**

ONLY PREVENTION WILL STOP THE KILLING

IT'S IN YOUR HANDS

IT'S YOUR DECISION

The new findings have revealed that the core of the HIV virus, which is cone shaped, spans the width of the viral membrane. But there are spikes on the outside which bind to human immune cells, called T cells, and allow the virus to invade them. The significance of this is that whereas most viruses have internal structures which define the size, in the HIV virus it is the membrane which defines the size. The research could provide an insight into the way to prevent the virus from assembling.

ONLY YOU CAN MAKE YOUR WORLD GO ROUND

Nothing great or good in life is easy

Say "NO" to Smoking

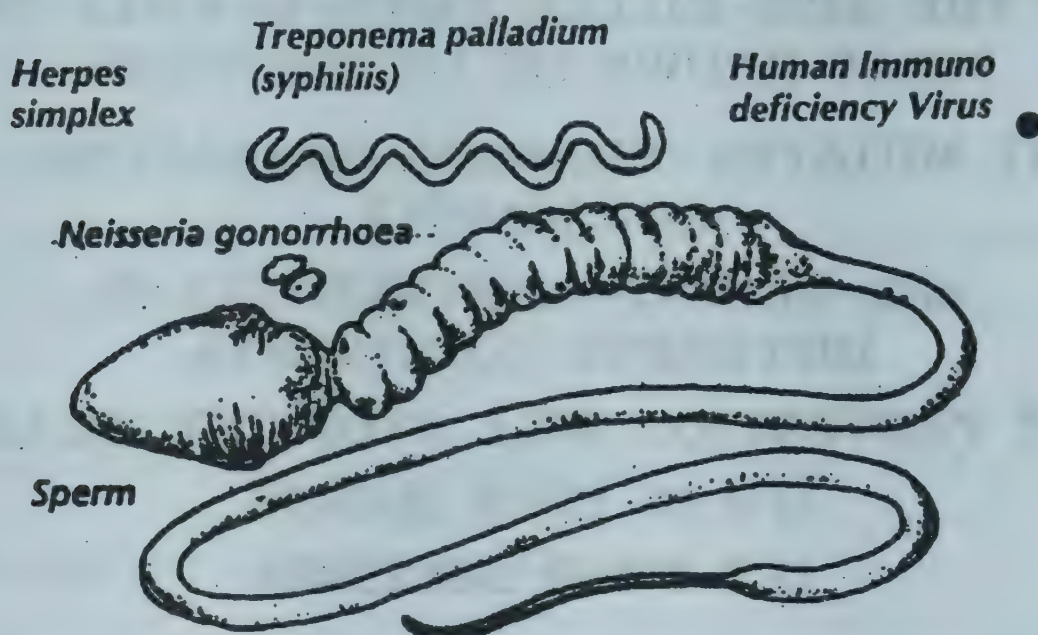
Sex and Drugs may be difficult

But it puts you in charge of your own life and not in a piece of rubber.

Your sexuality is yours - to be enjoyed when you decide its right and to be less important at other times in your life. Remember, you're the one in control of your sexuality and your life. Make decisions you will feel good about tomorrow and in a month and in a year.

**This will make YOU STRONG and SUCCESSFUL
THINK ABOUT THIS AIDS WILL KILL YOU**

**Comparative Sizes of Human Sperm
and Common STD Viruses**



**Condoms and
Sexually Transmitted Diseases**

The above diagram of relative sizes is taken from John Hopkins University, Population reports, Vol. XVIII, No.3 Series H, No.8, September 1990.

Millions of this are ejaculated in one act of intercourse. Some escape through minute microscopic pores in condoms to cause pregnancy. If sperm can escape, how much easier for the other viruses and for HIV virus shown on comparative scale above.

Note: The sperm measures about 3 microns at the head and the HIV virus about 0.1 micron.

Charles Condom who 'invented' the condom centuries ago did not reckon with the deadly HIV virus.

SAFE SEX

CAN KILL YOU

THINK ABOUT THIS - AIDS WILL KILL YOU!!!!!!

- For some of us, the most obvious reason not to have sex is to prevent pregnancy. Yes, there are many methods of birth control that work well but none of them are even 90% effective. But if we choose to abstain from sex - not have intercourse - we are 100% safe from pregnancy. Not having sex also protects us from sexually transmitted disease (STD), including HIV.
- Not having sex protects us emotionally as well. When we become close to someone sexually, we open up a large part of ourselves. We are more likely to feel intense happiness - and intense pain. We need to be sure we can trust our partner with this vulnerable, intimate part of ourselves.

SEXUALLY TRANSMITTED DISEASES - S.T.D. (S.T.D. OR VENEREAL DISEASE - V.D)

S.T.D. are diseases that depend mainly on sexual intercourse for its transmission.

Of all the S.T.D., diseases AIDS, Gonorrhoea and Syphilis, the three minor venereal diseases are Chancroid, Granuloma Inguinale, Lymphogranuloma venereum and Herpes.

Gonorrhoea and syphilis are increasingly prevalent among teenagers and young adults. S.T.D's are different from other diseases. Intimately related to human behaviour they create their own peculiar problems in society.

SYPHILIS is caused by *Treponema Pallida* and is transmitted by direct sexual intercourse with a person who is suffering from the disease. It could also be

transmitted by kissing an infected person with mouth lesions. Rarely, transmission through blood transfusion have also been known to occur.

GONORRHOEA - is an acutely infectious venereal disease due to *Neisseria gonococci*. The incubation period is about 3 - 6 days. It is transmitted by sexual intercourse with an infected person. Newborn babies may acquire a very serious infection of the eyes, called "ophthalmia neonatorum" from their mothers which may result in blindness if left untreated.

Herpes and Chlamydia Infections are also increasing and need to be controlled.

VALUE ACTIVITY

TRUE CASE!!!

He had HIV before he married. I believe my husband knew of his HIV status even before marriage. Hence, he insisted on using condoms during sex. But I was kept in the dark about it. I feel cheated. I feel as if my life didn't matter to anyone and that it was put under risk without a thought or care about me. I am angry to think that I have to pay for somebody else's mistake - it is like paying a debt that is not yours. I was discriminated by society when neighbours and friends discovered that I was HIV positive. However, I was able to face the world with the help of a few good friends who gave me moral support.

Discuss in detail. Decide what should be your stand?

Socialization and Friendship

"There's a miracle of Friendship, that dwells within the heart and you don't know how it happens or where it gets its start. But the happiness it brings you always gives you a special lift and you realize that Friendship is God's most special gift."

"The capacity to care gives life its greatest meaning".

- Pradeep Joshi

THE PROCESS OF SOCIALIZATION

One of the most significant and remarkable processes occurring in human beings is the transformation of the helpless infant into the mature adult. No other species goes through as long and intensive a process of development and in no other species is the contrast between the infant and the adult so great. As he develops, the child learns one or more languages, a wealth of empirical facts about his physical and social environment and a variety of special skills and bodies of knowledge.

S/he also acquires attitudes and values, some of them pertaining to moral standards and others that are ways of relating to people, such as loving or hating, helping other persons etc. This transformation takes place largely as a result of what has been termed the socialization process.

The principal agents in socialization are most notably the child's parents, teachers, sibling, playmates and other

persons who are significant to him. Much of what the child learns in the process of growing up is not systematically and conscientiously taught. Parents do not generally define themselves as teachers, yet they sense this role. Most of what they teach is not conveyed with deliberate intent, nevertheless the child learns.

SOCIAL GROWTH AND VALUES

A close look at the history of a country (India, for instance) shows a significant correlation between traditional values and the growth of society. Values widely shared determine the manner in which human beings respond to the environment. The development of a people is significantly conditioned by the values held by them: superstitions or wrong values always inhibit the growth process of a people just as climate and food habits condition their health and lifestyle.

Socialization should not be thought of as moulding a person to a standard social pattern. Individuals are subjected to different combinations of socialization pressures and they react differently to them. Consequently, socialization processes can produce distinctive differences among persons, as well as similarities.

The norms of accepted "civilized" behaviour are based on one simple principle - Do not do what you would not have others do. Simple rules like covering your nose and mouth when sneezing, coughing or yawning, not chewing food with your mouth open, not spitting in public, not throwing litter, making sure to cross the road only at zebra lines, and such like, practised by the majority, will make life pleasant and easy for all.

VALUE ACTIVITY

1. Debate/Discussion:

- a. Mahatma Gandhi said - "A man of character will make himself worthy of any position he is given."
- b. "Truth and non-violence are social values. I am more concerned in preventing the brutalization of human nature than in the prevention of the sufferings of my people." - *Gandhi*.

SOCIAL VALUES - MEASURE THEM !

Tick off the answer which you sincerely feel that you would do in such situations:

EXERCISE

1. **If you are the owner of a factory would you,**
 - a) share your profits with the workers
 - b) pay your workers a decent living wage
 - c) take workers who are willing to work for less. If you are a factory owner would you allow the workers,
 - d) to make their own decisions
 - e) consult the workers
 - f) use the workers as means to promote production
2. **If you are a factory owner which would you consider a priority**
 - a) profit and well being of the workers
 - b) the well being and happiness of the workers
 - c) only profit.
3. **Do you think that wealth should be,**
 - a) shared in such a way that all men have the essentials of life
 - b) possessed in common
 - c) possessed by a few

- 4. You come out of the station and three rickshawalas approach you. The just fare is 2.50 would you.**
- a) take any of three and pay Rs. 2.50
 - b) take the old rickshawala and pay Rs. 3.00
 - c) bargain and take the one who offers the lowest fare.
- 5. If you are the Director of a firm would you engage persons on the basis,**
- a) of merit
 - b) of Community, caste, language, religion
 - c) of recommendations.
- 6. You get Rs. 5000 extra from your parents for the holidays; would you**
- a) give away some of it for the school fees of a poor child
 - b) invite your friends for a small party
 - c) buy an L.P. record
- 7. If you have to recommend a person for a job would you recommend him**
- a) on the basis of merit
 - b) What you would get from him/her if she was chosen
 - c) because he is a friend of the family or one of the family
 - d) in return for another favour
- 8. If you read or hear about a strike is your reaction that**
- a) the workers have legitimate demands
 - b) the workers are politically motivated
 - c) the workers see only their own interests.

9. You are eager to see a film - it is a full house. But a person has two tickets which he is selling in "the black market;" would you.

- a) refuse to buy them and inform the police man who is just passing by
- b) refuse to buy them
- c) buy them

Read Each - Discuss Answers :

FORCED LADDER PURPOSE - TEST YOUR VALUES

The students must make choices from among comparing alternatives. However, it is a far more complex strategy, with many more items, it requires considerable thought in weighing the relative importance of alternatives and their consequences. This strategy is also a sure way of getting a group immersed in a heated, though usually friendly discussion on issues and values.

PROCEDURES

The teacher gives students or asks them to construct a forced choice ladder, with 8 to 10 steps, depending upon how many items the teacher is going to present.

The teacher presents a series of statements, situations or alternatives which call for value judgments by the students. Following the reading of each item each person is to write the steps of the ladder according to the intensity of his feelings, for or against, about that item.

Forced Choice Ladder

+
Strongest Feelings
"FOR"
or "Against"



— **Weakest Feelings**
"For" or Against

Students may cross out, draw arrows, or make changes as new items are presented. At the end they have a few minutes to make their final arrangement.

After all the items have been read by the teacher and ranked by the group, the students are divided into small groups of three or four to compare and discuss their responses.

SAMPLE LADDER SITUATIONS

1. A man cheats on his income tax each year, but donates all the money he saves by doing this to charity. This money is in addition to his regular contribution.
2. A football coach tells his team how to cheat without getting caught by the referee.
3. A teacher who is friendly with all her students, dresses like them and goes out socially with them.
4. A teenage boy and a teenage girl from the same family have different regulations. The boy can do almost anything he wants, while the girl must ask both parents before doing what she wants.
5. A teacher who always looks the other way when kids cheat on tests she is invigilating.
6. A mother who has only one saree of her own because all the money goes for her three daughters to dress fashionably for school.
7. A student who shows her paper to the slower one nearest her in a test - so the House can score higher.
8. A students who goes out for a movie with her friends after school and tells her parents she had to stay at school for something.

FRIENDSHIP

"Know thyself" - Socrates

"Everyone needs a friend. A good friend is one who makes you better."

"To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man." - Shakespeare

Friendship is an art. It has to be developed and perfected by constant practice. To be a good friend to someone, you must start by being a friend to yourself. When you are aware of your own strengths and weaknesses, when you are able to love and forgive yourself, when you are able to give and to receive, only then can you enjoy warm and lasting friendship with others.

"Friends of the heart are friends forever"

Adele Basheer



A friendship begins when you discover somebody cares about you, and wants to share his experiences with you. You want a friend to think about you in a special way, so that you act thoughtfully and kindly towards him or her.

A friend is
A push when you're hesitating
A word when you're lonely
A guide when you're searching
A smile when you're sad
A song when you're glad.
A good friend is one who makes you better.

Friends are necessary part of life and help us humans to see ourselves as we truly are. Good friends are the greatest gift we can give ourselves. It is an in depth example of socialisation.

"A true friend is someone who does not bind you in anyway, but compels you, by holding an opinion of you, to constantly do your very best"

NEED FOR AFFIRMATION

All human beings need affirmation. Even those who "know themselves" as successful, intelligent or good-looking, need to hear it said to them by others. Good friendships provide this important need. They are invaluable in building up people who low self-esteem. Affirmation can actually get a mediocre performer to achieve higher goals. It is important to be part of a circle of friends who will not only support and care for you, but who will also advise and guide you.

GOOD FRIENDS

Good friends tell you the truth. You ask "Do you think I was too rude to Anand when I shouted at him" and your friend says, "yes you were". The reply is not hard to take because you know your friend cares for you wants to you to behave correctly.

However, there are situations where it is more important to be "tactful" than "truthful". Puja remarks to Priya,

"You look terrible with all those pimples on your face. Aren't you going to do something about it?" Her justification - "I am stating a fact. That's the way I am. I tell people the truth. If they can't take it, that's their problem!"

As a friend, if Puja was really concerned about Priya she would have sounded her in private on whether there was a reason for her acne outbreak - stress, diet, cosmetics - and suggested that Priya consult a dermatologist. She could soften the approach by a positive statement like, "You have such good features. It's worth showing them to advantage by clearing up your skin."

Friends give advice and help you to do

In adolescence your best friends are of the same sex. Soon you will have friends of the opposite sex too, and you will share ideas and feelings. You will talk about ordinary things like college, movies, sports and music but it will be as though nobody ever talked about them in quite the same way before.

Being hurt is part of life and a part of every relationship. 'Be like an oyster which when hurt closes its wound with a pearl'.

There are physical actions between friends, usually for boy a punch on the arm or a slap on the back, or for girls an arm round the waist or squeals of Hi! when you meet expectedly. There will be physical actions too, with which you will communicate to your friend of opposite sex - a touch of the hand, a glance, a smile, or sometimes, just being there when you are needed.

Between friends these physical signs carry all kinds of messages and meanings without a word ever being said. They are all part of growing up and developing into men and women.

PEER GROUP - PEER POWER

The Group, or Crowd or Gang!

As teenagers move out into a wider, less familiar world, they tend to join a special group of young people of their age, who have the same interest and fears, who talk the same language and support each other.

Psychologists call this the peer group.

The influence of the peer group assumes increasing importance on the youth of today. As they emerge into adolescence external forces begin to exert their influence. If the parental and home inter-relationships are good and positive the growing child and adolescent can be forearmed to resist any contrary challenge from the peer group and should he succumb they are more likely than others to be able to revert to a normality.

It is easier to face things, like going to a party with your peers because then you will not have to carry on all the conversation. Others will help. It is easier to talk to them than parents telling you do things, or judging or disapproving.

HERD MENTALITY

Thus, belonging to a group and doing things together is one of the stages of growing up. However, do not succumb to the "herd" mentality or blindly accept what others are doing. You are unique, you are "You." Have the courage to stand out in a crowd and say "No", when needed.

You might experience pressure from your peer group on the issue of whether you have a boy/girl friend. This has almost become a status symbol for teenagers. Remember that you must not give up your own individual identity or compromise on your values simply in order to keep up with others in your group. You can enjoy many other common areas of interest and interaction.

COURAGE TO BE DIFFERENT

Other peer group pressure issues parental permission to go to parties and to stay out late; the kind of clothes you wear and the kind of trendy possessions you have access to such as watches, cell phones, bike, car, sunglasses and so on. In today's world, the media presents many tempting images of a lifestyle which includes branded clothes, expensive gimmicks, parties and holidays. Teenagers get carried away by these external symbols and aspire to be like the people they see in these advertisements. Consider whether it is worth having an identity that only stems from what you wear and where you holiday. Have the courage to be different. In the long run your friends will respect your confidence in yourself and your integrity as a person.

A major stress issue with teenagers is the problem of overweight. "Thin is in" and "Thin means beautiful" have become mantras of teenage girls in particular. If you are overweight, you must do something about it for the sake of your own health and not because you fear rejection by your thin friends.

One of the most important peer group pressure issues that you need to tackle firmly is that of social drinking and smoking. Uncontrolled drinking can result in serious consequences, and smoking is a proven high-risk health hazard. Do not indulge in these activities just because it is the "in" thing to do. They add no value to your life whatsoever.

Juvenile delinquency or anti-social behaviour has become a serious problem among teenagers in present society. Teenagers resort to crimes like stealing and prostitution so as to obtain money to "buy" acceptance from their peers.

(C.B.I. Reports on Crimes in India and the reports of Bureau of Polices Research and Development in India showed an increase of 69% of total cognizable crimes by adolescents within two years).

HARMFUL FRIENDSHIPS

If you find your friend not being so good or leading you to behave in way which is not helpful to you as a person, but harming you in your personal self or in your values or in your studies, then be courageous and break off the friendship.

Do not confuse loyalty with friendship. Your first duty is towards your self. "To thine own self be true, then thou can't not be false to any man," as Shakespeare said. The inner voice or the voice of conscience always guides us, giving us, "go ahead" or "do not do" alarm signals.

True maturity does not depend upon instinct, but on conscious decisions and independent thinking. True maturity comes with self discipline from within. "The best fertilizer on any farm is the footsteps of the owner".
- Confuscus

FRIENDSHIP YES! INTIMACY NO!

When a boy and a girl who like each other very much are together, they may spontaneously start to hold hands. This can be very exhilarating because by this touch they say to one another, "I like you. It is good to be with you. I want to know you better."

Physical expression of affection is something we are all used to in the family - hugging, playfully messing someone's hair, a pat on the back, kisses. But between man and woman such signs of affection also have another

function. They sometimes stimulate more intensive feelings of closeness and a desire for more contact and greater intimacy. Thus, after holding hands the next step might well be arm around the shoulder and kissing.

DATING

Single dating or even going steadily are not acceptable in our country. They are not feasible as boys are financially dependent on their parents. Also, youth in general are not emotionally mature or experienced to manage such an exclusive friendship. Very wisely therefore single dating is confined to the engaged couple.

Group Dating or going out in a group, parties, meetings at social, religious and cultural functions are to be encouraged and help young people to understand themselves and the opposite sex.

WHAT ABOUT KISSING?

Kissing in itself is a wonderful thing. It has been a sign of love and respect for thousands of years. We have the "Kiss of Peace," a form of touching which, from the first has been a sign of Arab, Jew and Christian greeting, blessing and love. It is also used as a sign to convey special wishes on a birthday or festival.

Kissing is a form of expression, a way of saying things that is sometimes far more powerful than words. A mother kisses her son as he leaves for war. A father kisses his daughter as he presents her to the groom before wedding. A teenage sister kisses her baby brother to calm him after he has fallen. A boy kisses a girl to say "I enjoyed being with you. I like you. You are nice to be with, and I want to see you again." This kiss means that I like you and my feelings about you are, or could be important".

AFFECTION AND STIMULATION

The kiss between a young man and a woman or a husband and wife also has another dimension. It can stimulate the emotions and the bodies of the two people involved so that they become sexually interested in each other. They seek to prolong the kissing so that the feelings of physical and emotional pleasure becomes stronger. Prolonged kissing would normally lead to seeking even greater intimacy.

Kissing therefore, can create some problems that have to be considered.

In the beginning, boys are just interested in girls. All girls, any girl fascinate them. Then, slowly a process of selection takes place. Boys pair off with certain girls at functions at parties. As they get to know each other and like each other more, there is a desire for more contact and intimacy. The next stage may be the kiss or the embrace.

Young people who are unmarried should not become involved in the fuller love acts that belong to marriage. They ought to avoid prolonged or intense kissing, or situations in which any physical intimacy is like to occur.

Petting, fondling and touching more intimate parts of the body are a second stage in process of sexual stimulation and belong to the state of marriage.

INFATUATION - LOVE?

Infatuation is defined as a physical attraction between two persons of the opposite sex. It is possible for the physical attraction to grow into a deeper and more emotional attraction, but this takes much time.

Love, means knowing the person, understanding him/her accepting him/her as he/she and respecting him/her fully.

Infatuation can be a very strong physical feeling and often common sense deserts the individual or couple. Infatuation can be one sided and bring major problems to that person. Love is mutual and self giving.

GUIDELINES FOR EDUCATORS TO PROMOTE OPTIMUM BOY-GIRL RELATIONSHIPS

1. Healthy relationships, exchange of views and ideas should be promoted by both parents and teachers.
2. Meet in groups rather than singly and often in the home. Avoid single dating.
3. "Friendships" for teenagers. "Intimacy" for Married.
4. If self respect and respect for each other is lacking avoid the relationship. Do not give or accept expensive gifts.
5. Beware of attraction at the unconscious level to meet unmet childhood needs - Mothering / Fathering type of attraction.
6. A wide circle of friends enable wider choice and better understanding of the opposite sex. Share hobbies.
7. Do not expect and relate in a manner anticipating every relationship to end in marriage.
8. Look out for hidden unconscious needs. They tend to present our best and hide our defects. Avoid pity.
9. Learn what concepts the person has about members of the opposite sex. Check for falsities and prejudice.
10. Be aware of the basic needs for women: Security; and for the man; commitment to him. This is often used to control the relationship.

Marriage

Preparation and Counselling

PREPARATION OF YOUTH FOR MARRIAGE

"He who wishes to enter upon a long journey, if he is prudent before taking the road, looks for a safe and agreeable companion with whom to travel. Then why should he not do the same who had to travel all the days of his life to the resting place of death, more especially if the companion has to consort with him in bed and board and everywhere, like the woman with her husband?"

- Don Quixote

"Marriage is not for everyone. Some people with certain personality problems should never marry. Some never find the person with whom they can be happy. I want to say this very clearly to the singles - do not feel guilty because you are, or choose to be single.

1. MARRIAGE IS NOT A MATTER OF MATRIMONY

There are 3 ways of meeting and getting married in India.

i. ARRANGED MARRIAGES

Where relatives of both families arrange a match which they feel is suitable. The INTERNET has also got a 'service' that 'arranges marriages within / out of countries. It is being used.

ii. LOVE MARRIAGE

Where the couple meet, like each other feel their love is strong enough for them to marry whether or not their families approve.

iii. ARRANGED LOVE MARRIAGE

Where a couple are mature enough to know their needs and then convince their families to approve of or select a partner they approve of and the marriage is arranged. This is the best form of marriage.-

A successful marriage is a happy blending of romance and friendship with more of humour, tolerance and a realistic approach to life and less of resentment intolerance and acute differences.

Since marriage is basically an intimate relationship of the masculine and feminine personalities, adjustment, understanding, acceptance and communication are called for in large measure, if it is to survive the modern stresses and strains of today.

Helping parents and teachers to prepare youth to be men and women, and for marriage and family life is perhaps the most important of our tasks. Our educational institutions too need a methodology and graded programme for this.

2. FOUR STAGES OF MARRIAGE PREPARATION

Marriage Preparation can be considered under the following heads:

a. REMOTE PREPARATION

From conception to childhood, which is done mainly by the parents in the home, and their verbal and nonverbal examples.

b. PROXIMATE PREPARATION

This is the joint responsibility of parents and teachers.

While it is the primary responsibility of parents to develop a positive approach in attitudes and feelings

to social life, marriage and family life in their growing adolescents, education and social institutions can assist and supplement parental guidance. Young people need and should be given meaningful lectures and talks on the psychological, social and moral aspects of sex in human life and family living.

In this way they are better equipped and able to face with greater confidence, the problems of sexuality and marriage in our changing society. Their numerous questions need to be answered, their doubts clarified and any superstitions, myths and fears explained and dispelled. They can also ascertain whether the vocation of marriage is for them to choose or not.

c. IMMEDIATE PREPARATION

During courtship, engagement and just before marriage usually (after 18 years) and specifically devoted to marital life, done by trained persons, couples and special organisations.

Parents should guide the children as to how to choose the right partners. They should acquire the attitude of openness to accept the choice made by their children. This openness should enable them to accept the choice even if wrong in their opinion. They can seek help in counselling, if needed, before hand and discuss their doubts etc.

Programmes for marriage preparation should be instituted at various levels in society. With the concerns of increasing divorce rate and fear of break-up in family relationships, it is logical that the problems be dealt with at its source and such preventive measures are the best insurance for happiness in the marital relationship.

d. CONTINUING PREPARATION

For couples after marriage to support them for marital adjustments, in-law and other problems, family life and child rearing. This is done by elders, friends and or clergy.

3. TRIAL MARRIAGES

These are to be condemned as unwholesome and often emotionally destructive. Trial marriages experiment with human beings and their emotions and bodies they do not last for any considerable time as such as is shown in most cases.

Sometimes the couple who are 'trying out marriage' decide to make it legal and moral. If both or one of them decides not to or to 'opt out' lasting trauma may result on the other partner.

If a child is born of such a union, the child is handicapped as illegitimate. Legal rights of all three persons involved (Man, woman and child) are in jeopardy with greater problems to the woman and child.

4. ADVICE BEFORE MARRIAGE

1. All young people should be taught about Fertility Awareness. Family Planning methods can be taught even before marriage to prepare girls to be ready to plan the spacing, delaying and limiting of the family right from the first year of marriage.
2. They should be made aware of the existence of such an entity as S.T.D. AIDs. A blood test is strongly advised. The signs and symptoms and need for immediate treatment should be stressed. Thus, the dangers of premarital sex must be emphasised.

3. Education on marital relations, the need for co-operation and harmony in the home, budgeting and child care education for both parents would be ideal.
4. Genetic Counselling should be part of premarital counselling, viz., dangers involved in consanguineous marriage, the basic idea of hereditary disease etc.
5. Sex before marriage hurts because it reduces something to the level of second-hand goods.

Sex when one is already married to someone else deeply wounds the spouse left behind, and breaks the solemn marriage vow of fidelity or faithfulness, even if that spouse is ignorant because there are subconscious behaviour changes in the spouse.

Deviant sexual practice insults God's beautiful design of our bodies, and degrades women.

Crude' pictures and pornography separate sex from real people, and treat women as emotionless objects. It ignores the family, and encourages violence and is addictive, gradually demanding worse abuses.

Every woman leaves a bit, of herself behind with every man she has sexual intercourse with, so in a very real sense she is 'giving herself away.' If we do this with many people, there will soon be nothing left to give! Promiscuity eventually leads to the lustre being taken out of sex because if we spread ourselves too thinly it becomes meaningless.

Sexual union is nature's bonding agent. Our first sexual involvement leaves an indelible imprint. We are never the same again - we are part of someone else. This bonding is weakened by each change of partner and therefore the more we change partners, the weaker our capacity for staying together will be.

So, if we have only one love, sex in marriage carries more weight, has a bigger binding effect, has more significance, and means more to us, than if it were the second or third time around.

5. SEX IN MARRIAGE

Sex is an important aspect of marriage. However, once the act of sex is allowed to predominate in love, trouble is on the way. Soon the partners will be substituting sex for real love in an effort to close the gap that is developing between them. This is the way to separation. Love feeds on personal intercourse, involving the whole person-not just on the physical act of sex.

OCCASIONAL ABSTINENCE

A happy, marriage is one where the balance is maintained between the physical and the spiritual. To maintain that balance, it is necessary to abstain from sexual intercourse on many occasions like times of sickness and excessive tiredness, or out of respect for one's partner. But another very important reason is that temporary abstinence is the key to the highest peaks of experience in life. Satiety deadens, intermittent abstinence excites, inspires, enriches.

Indeed one of the first surprises for young married people is the discovery that they do not always want to be together and would like to be alone at times. They can even feel guilty about this. Most often they don't know what to do about these disturbing feelings. They rarely do what is most necessary and that is talk to each other about them. As a result of this problem a subtle change begins to develop in their sexual relationship. They begin to 'perform' for each other, to pretend, as it were and so the first small seeds of dishonesty are sown.

The experience of many people has shown that it is possible to achieve contentment during the times of abstinence by developing actions to express their love without intercourse. It takes time, love and strength of character, but the reward in terms of emotional well-being is worth the effort. What a pity not to try!

ONENESS IN LOVE

To achieve this oneness, let us consider (a) Union of minds, (b) Union of hearts and (c) Union of bodies.

a) UNION OF MINDS

"How can I love you if I do- not know you? And how, can I know you if you hide your heart and mind from me?" A couple cannot expect to come together in fulfilling sexual intercourse at night if they do not communicate during the day.

Dialogue between them as persons is vital for their own happiness and that of their children, as well as for the full enjoyment of intercourse later.

b) UNION OF HEARTS

Silence at times can be a very rich part of communication when it is filled with concern, kindness and thoughtful love. As with most things in life the great value of conversation is increased by remembering this happy medium.

c) UNION OF BODIES

Many writers have described the male and female orgasm as a 'mountain'. An orgasm is the 'mountain-top.' It is the climax in the act of sexual intercourse and is very different for man and woman. But for both it can be an equally deep and thrilling experience. God made it so.

It is easy to describe an orgasm in the male, for it occurs at the point where there is an ejaculation of seminal fluid. It is proceeded for several minutes by the quiet release of a little 'fluid, over which he has no control.

Foreplay and clitoral stimulation arouse a woman. The female orgasm, or climax is not quite as easy to describe. When the wife is coming close to' the mountain-top, her respiration deepens and she may call out. Then her whole body goes into a muscular spasm before she completely relaxes. It seems as though her husband has reached her very heart and, in truth that is what he is doing. Indeed, observing his wife, a sense of joy and power fills him, together with great love for her. He has succeeded in making her very happy. How different from the act of sex where selfish passion and lust reign, with no relationship or commitment.

Each couple develops their own pattern of intercourse. An average frequency of two acts a week is common all over the world.

INTERCOURSE DURING PREGNANCY

There is no bar to intercourse during pregnancy if the wife is healthy. If she has a tendency to miscarry she should avoid intercourse in the first 2 months and in the last 2 months. Intercourse has a beneficial effect and helps the couple to feel united and is to be encouraged. The doctor can be consulted if in doubt. Any practice, if it is to be part of the sexual act should be accepted by both partners equally.

6. PREMATURE EJACULATION

By this is meant that the man spills his semen either before he penetrates the vagina or before he penetrates fully or too soon after penetration.

When premature ejaculation happens frequently and the husband makes little effort to gain control, it can cause his wife much suffering. He is ignoring her personhood, her need to reach the climax just as he did, and to be one with him in this as in other things.

Very often the root cause of this trouble is not a lack of love, but the ignorance by many men about the sexual needs of their wives. Side by side with that is the wife's own reluctance to talk about it.

The woman begins to feel rejected, she sees no sign of love. She may even worry about infidelity, although more often her doubts are quite unjustified. Instead, they should talk together about what has happened, as two people who love each other and want to understand and help one another.

However, there are occasions when a man cannot avoid premature ejaculation. Women can sometimes forget this. They need to realise that a man can also suffer when it happens. It may be the result of prolonged abstinence, some kind of indisposition, or his inexperience. The love of an understanding wife can do much to help, and together with a sense of humour they can lighten the situation for both of them.

7. THE RIGHT AGE FOR MARRIAGE

The age of marriage should be above 18 years for girls (preferably around 23) and more than 25 for boys and this should be strictly enforced.

By this time she is physically mature, emotionally stable and therefore is ideally placed to make her husband happy, and thus marriage, and family life will be satisfying and stable.

For a man the age is influenced by his ability to provide for himself, his wife and children. He may be the same age or preferably older by 3 - 5 years.

He should be able to be mature enough to depend on his own initiative and hard work. Emotionally he should relate to his wife, and not his mother. It has been rightly said 'For marriage, a man must leave his father and mother and be one with his wife.'

8. MYTHS BEFORE MARRIAGE

MYTH NUMBER ONE

People marry because they love each other. Experienced counsellors tell us that love in itself alone does not guarantee a happy marriage.

MYTH NUMBER TWO

Marriage is the cure for loneliness. It is surprising how many do marry, thinking that marriage automatically brings 'instant companionship' only to discover that one can be married, and still be lonely.

MYTH NUMBER THREE

Marriage will resolve an unhappy home situation always entertaining thoughts like 'things will get better once I get married.' Marriage is no escape from personal or family problems. A change of environment in marriage is no solution compared to facing and working through them.

MYTH NUMBER FOUR

Certain problems like alcoholism, gambling, schizophrenia, other mental illnesses, will not go away after marriage. The person will not be 'alright' after marriage. Marriage only brings on more responsibility and does nothing to solve the basic problem.

9. SOME GENERAL PRINCIPLES ABOUT CHOOSING A PARTNER WHO BECOMES A FRIEND

1. You should have common values.
2. You should respect the man/woman you marry.
3. S/he should be atleast as intelligent as you are or on a level to converse easily. Mental compatibility : read the some books, listen to similar music.
4. Steer clear of someone whose life you can run.
5. Nor should you choose one because you can reform him.
6. Whatever you do, don't marry someone who is looking for a parent.
7. Be careful about falling for someone too different from you.
8. Have naught to do with the man who is drifting.
9. To put this all in a positive fashion:
 - a. What are his friends like?
 - b. What do your friends think of him?
 - c. What does your family think of him?

10. IMPORTANTLY, SPIRITUAL COMPATIBILITY

Do your senses of humour click? Do we see the funny side, raise each other's spirits, and share a joke?

This adds sparkle to marriage

1. General agreement on family planning and children.
2. Financial stability of the husband in order to provide the basic necessities, independent of wife's salary if working.
3. Prior agreement regarding wife's career if working etc. after marriage
4. Major illnesses should be revealed and discussed.

11. THE POSITIVE REASONS FOR MARRYING ARE

1. Love, for oneself and for one's mate equally.
2. Companionship.
3. To share a life with another, to fulfil each other's needs.
4. To satisfy sexual needs without making sex the only thing in marriage.
5. To build a healthy family life and care for children.

Being aware of the reasons for marriage helps one to understand what it involves. A person will tend to be more realistic in his outlook and have clearer expectations of the kind of marriage that is possible.

12. QUALITIES REQUIRED IN ONESELF TO ENSURE - A GOOD RELATIONSHIP

- a) Adaptability and flexibility
- b) Empathy
- c) Ability to work through problems
- d) Ability to give and receive love
- e) Emotional stability
- f) Ability to communicate
- g) Readiness to share and build a relationship

The present concept of marriage places more emphasis on love, relationship and companionship. Such a marriage demands more communication and relationship skills.

13. FROM ENGAGEMENT TO MARRIAGE

It is important to see how the choice of a mate is consistent with the concept of balance in marriage.

Essentially, each partner is seen as attempting to find among the eligible alternatives, a mate who will meet as nearly as possible his emotional and personality needs, as he feels them at the time. If, during the engagement there are doubts of any kind, they should be cleared and if necessary the couple should go for counselling.

Some discover before it is too late that the relationship is unrewarding and turn back. It is far better to break an engagement than to go on with the marriage for wrong reasons and then have the marriage break up. Others proceed along a course of increasing warmth and intimacy, mutual regard and progressive commitment to the final step of marriage with high hopes, with continuing support and preparation for adjustment to married life.

Preferably an engagement should last six to nine months, but not longer than one year.

MARRIAGE COUNSELLING

14. TEN IMPORTANT ELEMENTS IN A HEALTHY MARRIAGE RELATIONSHIP

- a) Love - caring, trust, commitment and intimacy
- b) Laughter - having a sense of humour
- c) Talk - communicating with each other
- d) Involvement - having a sense of purpose about something outside the marriage -
- e) Friendship - having friends both can enjoy together as well as having personal friends.-
- f) Integrity - being dependable and trustworthy
- g) Tolerance - acceptance of negative traits
- h) Adaptability - accepting the other as unique
- i) Sex - sexual fulfilment

- j) Sharing - involves sharing - thoughts, information and activities.

FRIENDSHIP IN MARRIAGE

Friendship is the cornerstone of marriage. It lasts when sexual desire has dimmed. It remains when the children have gone. And it improves with the years.

What builds up friendship?

Time, to a large degree, the quality of friendship depends on the length of time we have known each other.

It is something to do with common memories and knowing who we were.

The longer we know someone the more satisfying it becomes.

As said earlier, marriage is the unity of man and woman and a fusion of two people. In India, two people do not marry each other; it is also two families who are united. In-laws cannot be outlawed. They can instead help and enrich a marriage, and so adjustment to in-laws will contribute to stability.

RECONCILIATION

Often discord of varying degrees will occur. In the first place, when the success of a marriage union can be reconciled and there is reasonable hope that it will be lasting, our task must achieve this reconciliation. Secondly, we must think: of human values and so never ask for a dissolution to take place. In every marriage there are problems, and even serious ones can be mutually resolved with help and spiritual counselling. Counselling for marital harmony is especially useful in today's world, and many can be helped to an enrichment and strengthening of their marriage after this help.

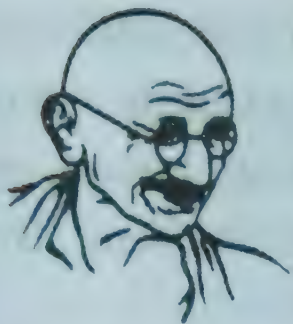
MEN

What comes naturally to man are the feelings of strength and power, drive and a protectiveness towards those dependent on him. So it is still his role to take the main responsibility as provider of the family income, whereas the wife tends to protect the children from the difficulties and dangers of life. The husband is the one who communicates a sense of adventure and daring: he is the outside world, going and coming each day. How often mothers are heard to resort to "Wait till your father comes home". So that fathers too are involved in the children's upbringing and discipline. Father need to share more in day to day problems of their children - sons and daughters.

REPRODUCTIVE RESPONSIBILITY AND COMMUNICATION

In today's family, the husband's traditional role as provider and disciplinarian still exists. But greater demands are being made on him to help with the children in the home. As his wife asks for more freedom and opportunity for interests outside the home, he will find himself as a baby sitter, and doing many other things that would have been unheard of years ago. More mothers are going for work. This does not mean that they are less effective as parents. *Mutual respect for each other will be the best "Gender equality lesson for the children."*

Communication, the lifeblood of a marriage is thus insured. The use of a shared method of family planning such as the Ovulation Method helps marital harmony and stability, and both are then involved in reproductive responsibility. At present all over the world most women shoulder the task of reproductive responsibility.



DOWRY

"Any young man who makes dowry a condition to marriage, discredits his education and his country and dishonors womanhood" **Mahatma Gandhi.**

A gift freely given by her parents to their daughter as her rightful inheritance and according to their means is perfectly praiseworthy.

In India, the middle and upper class families usually give cash and jewellery and gifts in kind to their daughters. The sons receive properties, house and shares in a much greater proportion. This is unjust. The Hindu law states quite clearly that inheritance must be equally divided. Attempts to enforce the law have met with little success though a minority of parents are scrupulously just. All communities practise dowry.

Shameless bargaining and negotiations take place to ensure that a so called "good match" is not lost.

MARRIAGE HERE TO STAY

If we think the marriage is finished, what will we have instead? It is easy to knock something down, but not so easy to replace it.

In India, all religions consider marriage a life long commitment.

Leela Chandrasekhar, (M.A.) says

"Hindu marriage is sacred. It has a social significance and spiritual goal. Man or woman is incomplete without a partner in life."

THE DOMESTIC CHURCH - CHRISTIAN MARRIAGE

Marriage is not a mere collection of rights and duties binding a man and woman together as husband and wife.

The marriage union itself is described as the two becoming one body, which means becoming one in every walk of life and love. It is a covenant union based on mutual trust and appreciation, aimed at seeking the other's good and building him/her up.

As married Christians they have also to uphold and promote by the manner of their lives and in every other way open to them, in co-operation with other members of the Church, the marriage union as God meant it to be. The family is a Domestic Church. This holds good for all religions, as the family is a sacred unit.

ISLAMIC MARRIAGE. DIVORCE AND ABORTION

Islamic marriage is a contract between an adult male and female and encouraged by Mohammed to build up a family and have children. The husband has to pay a price for his wife and make provision for her in case of his desire for divorce (talaq). The wife under certain conditions can also divorce (Khulla). Islam counselling to both is administered. The wife if pregnant is bound to wait (iddat) as abortion is not encouraged as it amounts to wasting a life that has already begun, and in the process of growing. Avoiding conception is not specifically prohibited but extramarital.

Islam does not permit loose relationship between married people and strangers as this can ruin the mental health and break up homes bringing in the wake ruination upon the children out of wedlock. It prescribes very serious punishment upon the man. An extra marital affair is looked down upon as being immoral and sinful.

By Mrs. Noorann Munnavar B.Sc. Cert. Counselling

COMMON REASONS FOR AN UNHAPPY MARRIAGE

1. Marriage of convenience-social, economic, sexual.
2. Conflict in values like money / career compulsions
3. Conflict in religion.
4. Conflict in family relationships.
5. Alcoholism/wife beating/drugs/gambling
6. Lack of adjustment
7. Family planning Differences to have or not have children.
8. Leisure/Budgeting/Dowry.
9. Major illnesses, physical or mental.

The couple need continuing preparation and support during the marriage. Often when children come, problems increase and adjustments in relationships have to be made. Hence when they are contemplating marriage they must consider the above areas of possible conflict beforehand.

PERMANENCY OF MARRIAGE

The marriage union because of its very being and its end has to be a permanent union. Permanent means that it is a 'union intended' to last for the joint life-time of the partners themselves. The marriage union is intrinsically indissoluble. If this were not so, the covenant union which marriage is would be in danger of hardly ever being achieved for the parties would tend to seek their own good rather than that of each other; being ready to change partners when this seems desirable.

Children cannot be given the security they require, or properly educated since the tumultuous union they had experienced between their own parents would be carried over into their own married life. Permanence is necessary for the existence of the marriage union and the fulfilment of its purpose and hence it is mandatory to accept this before marriage.

ABORTION

All religions Hindu, Christian and Islam frown on abortion, as it is considered taking away a life given by the almighty.

MIXED MARRIAGES

Mixed marriages are on the increase. In urban areas there is the widespread belief that all religions are the same and that this sameness is sufficient to nourish and sustain a healthy and a happy relationship and to educate children in (abstract) religious values.

Special problems arise when each party insists on their own religious ceremony. These can be solved with maturity and mutual co-operation.

In the 21st century, especially in urban areas, it is common practice for both spouses to be working full time, most often in stressful but success and target oriented jobs.

This pressure at work, inevitably places strains on strong relationships, strains which rebound on children and the extended family.

It is imperative that the spouses keep constantly in mind what Bertrand Russel said that the most important things in life were kindness and clear thinking.

Kindness is from the French word of "gentiles" meaning above all, a profound and continuing sense of respect for "the other". It is a compound of selflessness, gentleness, understanding and gaiety. In practice, all one needs to remind oneself of, at all times, is the maxim "what would I do/how would I feel, if I were in the other person's place." This simple reflex can automatically defuse the most potentially dangerous situations. One receives what one gives. If it is given (or said, or done) thinking of the other before one thinks of oneself, one generally gets back a hundred fold.

Clear thinking really means sorting the grain from the chaff. concentrate on the essentials, and on long term repercussions, and the things that annoy/infuriate/disturb one on a daily level are found, for the most part, to be inconsequential.

Expect nothing, give everything. If done with clear thinking and affection, this approach can never fail.

- A) Marriage is a permanent commitment entered into by two mature adults and God. Hence it is called a covenant i.e., a sacred bond. Husband and wife practically share many or most values which need not necessarily be identical but which invoke respect and should be safeguarded by each other. This is called faithfulness and loyalty in marriage.

Religious and legal marriages have witnesses since their relationship extends into the community so that this new grace filled couple are an example. BY THEIR ABILITY TO SHARE THEIR LIVES AND GOD, the source of all their graces especially when their love is extended to their children and the community.

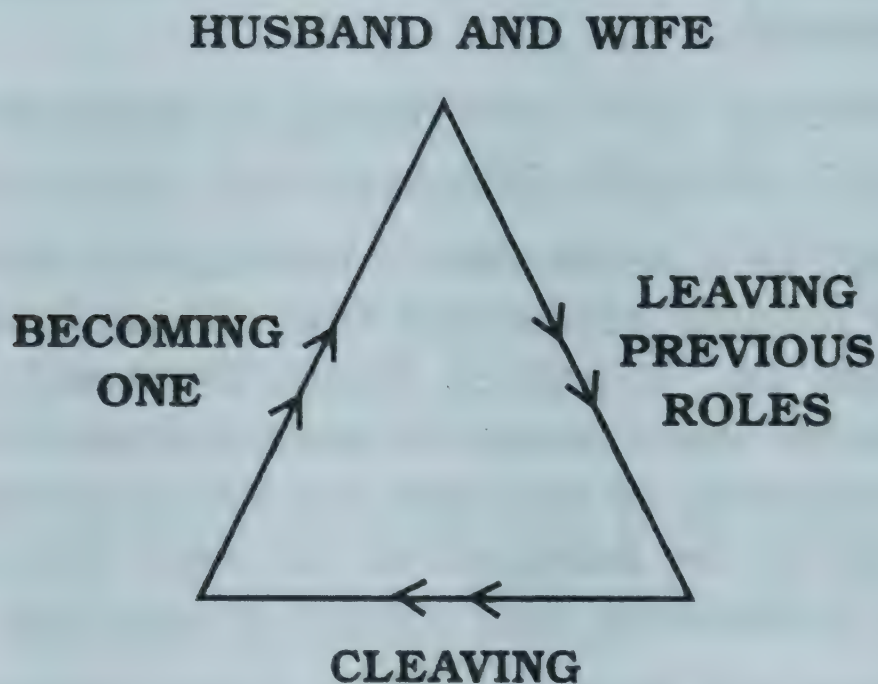
- B) Young couples face the greatest challenges in their very first year. Increasingly, separation and divorce decisions occur in the first year. If the wife is working outside the house, it becomes even more difficult, as she is walking on a tight rope trying to balance two roles of home maker, wife and mother and worker.

Without preparation to walk with wisdom and be happy, she is doomed to a life of constant crises, each more shattering than the other. This holds for the husband too, who must share in the domestic chores for which the average husband is ill prepared.

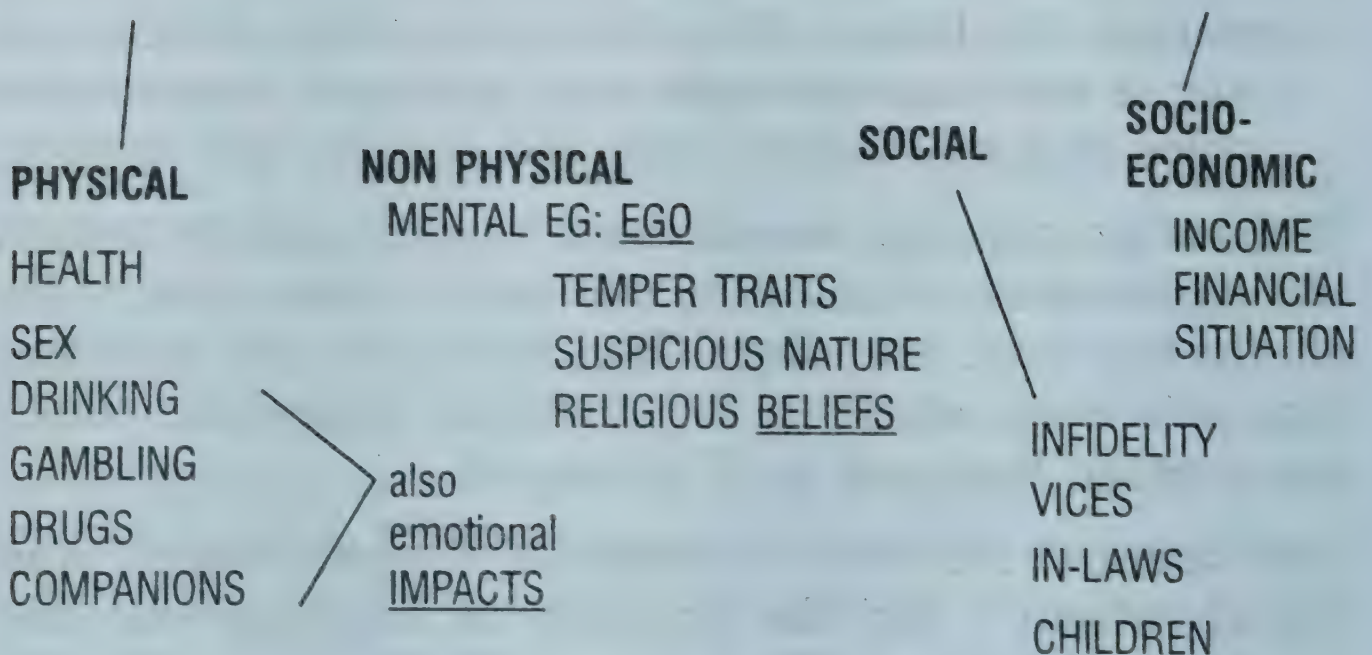
The famous Trobisch Counselling Couple, Walter and Ingrid, whom I had the privilege of knowing well had this example of becoming one.

"Becoming one" is a process and not an event.

HUSBAND AND WIFE BECOMING ONE, LEAVING PREVIOUS ROLES, CLEAVING



REALITIES OF MARRIAGE MARITAL DISCORD



VALUE ACTIVITY

DISCUSS

1. "Marriages are made in Heaven - but they are lived on earth."
2. "Your husband/wife should be your best friend"
3. "Marriages are made for Adults. What do you understand by this?"

Talks by Religious Leaders on:

- a) Christian
 - b) Hindu and
 - c) Muslim Marriage
4. "Marriage is a vocation and not for everyone". Discuss.
 5. Discuss the diagrams 1 and 2

VALUE ACTIVITY

1. Meet 5 married couples, and ask them "what helped them to make a choice".
2. Attend a Marriage preparation course if above 18 years.



Men are from Mars, Women are from Venus reared. Only when they understand their differences, can they enjoy a beautiful relationship.

John Gray

Responsible Reproductive Physiology

**SCIENTIFIC NATURAL FAMILY PLANNING:
THE COUPLE FRIENDLY OVULATION METHOD
(By Dr. Marie Mignon Mascarenhas, Principal
Investigator WHO Trial of the Ovulation Method)
AFTER Statistics.**

As a graduate from the famous Grant Medical College, Mumbai and having worked in its J. J. Group of Hospitals, our Department of Obstetrics & Gynaecology was entrusted, with the Government Family Planning Program.

We found that many Hindu & Muslim husbands would not sign the 'no objection' to Tubectomy. We doctors wondered why? Everything was free, quick and once and for all.

As the only Woman House Surgeon, I had to face many questions as to why I disagreed with Sterilization. My consultants accepted my explanation of 'conscientious objections', but not so the couples who wanted my views and opinion. This was the beginning of my interest in 'alternative strategies' to plan a family and that includes by medical definition those who want to delay, space, or limit a child.

The Crucible for Marital Fusion and Responsible Parenthood:

Medical ethics requires that whatever we do for patients is safe, efficient and acceptable to them. I studied

in-patients, tried personally and came in-patient after years to ONE CONCLUSION, that the only scientific method that satisfies the three basic principles was either the Temperature or Ovulation (or a combination sympto-thermic) method.

The WHO study was a boon to couples. It is woman friendly, non-invasive and is safe and effective and if not immediately acceptable to the husband it can become so as the woman's libido is evident in the infertile periods proving that marriage is for the purpose of having children AND bringing husband and wife into a harmonious integration of true genitality and fertility.

Natural Family Planning is based on scientific methods of the fertile period. It is not the Calendar Rhythm Method.

PIN POINTING FERTILITY

The fertile period is the only time when a women can conceive, for only then an ovum (or female egg) is present and is fertilized by the sperm (or male egg) in the catalytic presence of cervical mucus, which is only present at ovulation.

These two events are caused simultaneously due to the female sex hormone, Oestrogen. The Ovum is present only once in a menstrual cycle and research studies show that the ovum remains viable for 12-16 hours. If during this period, it is not fertilized, it dies within 24 hours. Double ovulation is rare and when occurring both ova are released within 24 hours of each other.

Sperms retain their fertilizing power for only 1-2 days, even if they live longer.

FERTILITY KNOWLEDGE IS FERTILITY REGULATION

Both father and mother should be instructed in fertility awareness and use family planning responsibility. Spacing is essential for the health of both mother and child and promotes vital breastfeeding.

For a healthy child to be conceived, a healthy sperm fertilizes a freshly released ovum with the help of the wife's cervical mucus in her fertile period. The husband if normal has healthy semen with normal sperms.

The Cervical Mucus is released by the wife in cervical glands when she ovulates. Should husband and wife have intercourse at this time, the mucus transports the sperms, nourishes it and gives it the capacity by its enzyme amylase to dissolve the ovum capsule and fertilize it. Nature has thus decreed that conception can only occur in the wife's fertile period.

A healthy child is conceived when both ovum and sperm are fresh and not aged. Natural methods honour the wife's physiology and if a child is desired indicate the fertile period for sexual relations. When a child is not desired for good reasons the fertile period indications are observed to refrain from relations. Since these methods are natural they do not pose any threat to the wife's health. On the contrary by their very nature they insure good communications, which is the life blood of a marriage, between the couple.

Methods which are artificially designed ignore the physiology of the normal fertility pattern and are used in both fertile and infertile periods. All have a failure rate and/or harm the wife's natural physiology and often psychological state.

Birth rate are lowered more by couples who use Family Planning methods of spacing rather than by limitation by surgical or permanent methods.

Research in several countries has shown that the Ovulation Method (OM) of Natural Family Planning is safe, effective and acceptable. It can be used to have a child, in reverse not to have one and for both spacing and limitation.

BREASTFEEDING

THE BENEFITS OF BREASTFEEDING

1. BASIC RIGHT

Babies need appropriate nutrition, stimulation, and protection against infection. Breastfeeding meets all these vital needs and gives them the best start in life. It is a natural and basic part of the life process.

Breastfeeding is important for the healthy growth and development of all babies. Scientists confirm what mothers have always known. Breastfeeding is more than just feeding and breastmilk is more than just food.

"Breastfeeding is the basic right of your baby. It gives a balanced diet, and protects against infections. Of vital importance is the fact that it helps your baby to feel loved and secure". Breast is Best.

2. SECURITY

During pregnancy mother and baby are physically linked and the mother feeds her baby completely through the placenta. Breastfeeding maintains the continuity of security.

3. BONDING

The "bonding between mother and child" becomes secure with breastfeeding. Emotional security is thus firmly established and the baby feels loved and wanted with this close "skin to skin" contact which follows as a direct result of breastfeeding.

4. MENTAL HEALTH AND BREASTFEEDING

A mother who realizes her responsibility and the great importance of breastfeeding, is endowing her child with a life gift of positive mental health.

5. SPEECH AND BREASTFEEDING

The organs of sucking and articulation are the same. It therefore might be expected that factors influencing the development of the sucking response would have an effect on the muscles for speech. Studies show that breastfeeding has a dramatic effect on the development of speech especially in boys.

6. WHOLE FOOD

Breastmilk contains all the nutrients a healthy baby needs. It is a food produced by the mother's body especially for the baby. Breastmilk is also rich in antibodies substances, and provides the baby with the best protection against diarrhoea, infections and food allergies.

Breastmilk is always available and does not need preparation, it is free from contamination, and of course breastmilk costs less than any other baby food.

7. GROWTH PROMOTING FACTOR

Growth Promoting Factor has been identified in mother's milk. This cannot be synthesized. Hence, breastfeeding

babies can grow to positive health much easier than if bottlefed.

8. SALT CONTENT

Its Salt Content is low, better adapted to the infant kidneys, since the baby needs little extra water. Hence, breastfed babies have less chance of developing kidney disease.

9. VITAMIN CONTENT

If the mother eats properly, the Vitamin Content of her milk is high.

10. UTERUS RETURNS

The mother is helped both psychologically and physically. Nursing sets up reflexes that help restore her childbearing organs to their resting state. The Uterus returns to its pre-pregnant size quicker.

11. CANCER AND BREASTFEEDING

If a mother breastfeeds her baby the incidence of cancer or even tumours is almost negligible compared to women who have not breastfed their babies.

When mothers breastfeed, the breasts are fulfilling their natural function for which they were designed.

Breastfeeding also improves the shape and tone of the breasts, and by speeding up the contraction of the uterus flattens the abdomen. It also burns up calories and keeps the weight down.

While Breast feeding, the mother produces hormones by suppressing Ovulation. Therefore it is the best natural method for Spacing. The advantages to the baby are numerous.

ALTERNATE STRATEGIES

Scientific Natural Family Planning

"The Billings Ovulation Method, is an in-built natural indicator of fertility in a woman" - **Mahadevan MD**

Questions frequently asked by a couple.

How long is the period of abstinence in each cycle?

It varies from 5 to 8 days and is different in each woman and different in each cycle.

Will not this cause stress and tension in marriage?

On the contrary, working together, opening up communications on matters that were not spoken of before, and the freshness and spontaneity that comes after a few days of abstinence bring a couple closer together.

How effective is this method?

This method is 98% effective (WHO study). Even illiteracy was no bar as long as the wife could understand it and share this knowledge with her husband. The average time to successfully chart and confirm this understanding was one month.

What advantages does it have?

The biggest advantage is the Self - Confidence that comes to a woman from the KNOWLEDGE OF HER OWN BODY, giving her dignity and status. To a couple from the fact of their own ability to exercise self control, and the KNOWLEDGE THAT THEY ARE WORKING TOGETHER.

All these will enrich the marriage and therefore the family as a whole.

Truly marriage brings with it many relationship problems. Add to this the use of one partner using a contraceptive furthers strains and widens this relationship gap. In NFP both partners share responsibility, the husband respecting his wife's natural fertility and libido pattern and the wife communicating this pattern and her love in sexual, genital and other ways. Both husband and wife become one by this communion which the body shares in, sometimes to beget new life and often not to in the natural physio-sexual pattern of marital intercourse. Conjugal chastity implies that husband and wife remain faithful and committed only to each other with love and passion.

As one couple remarked, 'It is so easy to take a pill or have even a quick operation', NFP means knowing, understanding and giving. It takes time to which my answer was, "True, to getting gold is a long and difficult process, but its genuine gold you get. True love and fusion of two persons take time but it pays rich dividends". Remember you are doing something natural. *God forgives always, man forgives sometimes. But nature forgives never.*

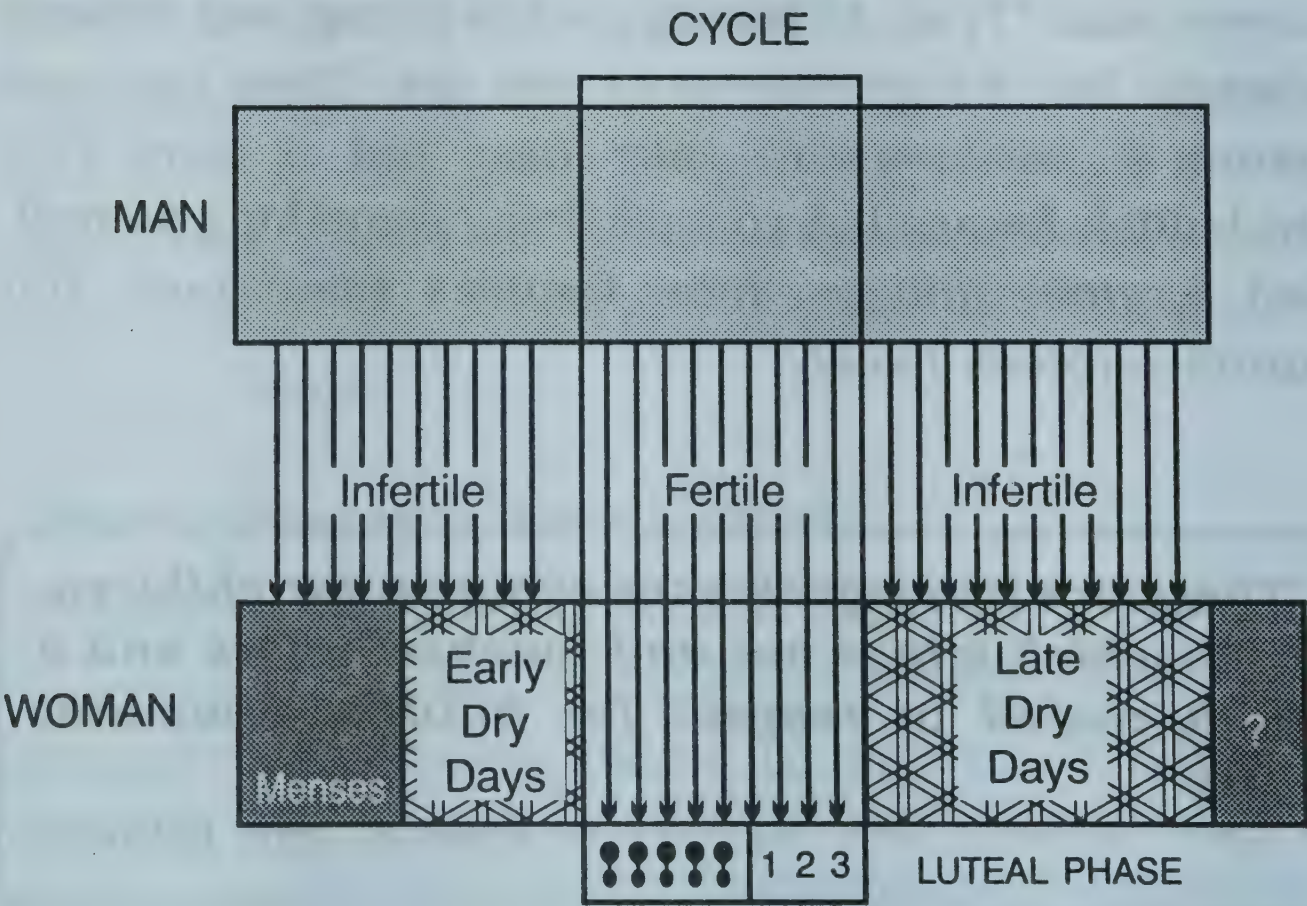
"There are two legacies we can give our children, Love which wings out and touches others and a faith rooted in respect for Natures abundant gifts"

- John & Lyn Billings

POPULATION REPORTS OF DEC'85 USA HAS GIVEN THE FOLLOWING STATISTICS:

	Effective Rates		Advantages
	High	Low	
Natural Family Planning Or NPF	94-98%	75-85%	Scientific No supplies needed No side effects. Men share family planning couple friendly Women learn about their bodies. Women Friendly.
Calendar	85%	70-80%	No supplies needed
Rhythm			No side effect. Men share responsibility For who family planning? Not scientific
WHO study			Joint responsibility couple friendly
Effectiveness	96-98%		For more details contact CREST

COMBINED FERTILITY OF MAN & WOMAN



Population Education and Family Planning

How to Live and Love

"Look after the people, and the population will look after itself"

(UN Pop. Conference Bucharest)

Population Education aims to arouse the awareness of the impact of population dynamics on people, and especially to inculcate in youth awareness of population dynamics and their responsibilities.

Youth are the population decision makers. An understanding of their role, its importance and the development of healthy attitudes is essential.

This is the aim of Population Education which should be combined with Family Life Education. "Governments don't have babies, couples do".

Statistics

Latest Available Figures

Area '85

32,87,782sq. Km

Total population in millions

One Billion +

Women's population in millions

400 millions

Number of children per women 2.5 - 4

Birth Rate 21.3 Death Rate 8.5 Infant Mortality Rate 62 Growth Rate 12.8. Percentage of population below 15 years : 40% Falling. Aged Percentage 15% Rising. Net Reproduction Rate within 2% Rates as per 1000).

The Birth Rate is being lowered. The Death Rate has plunged (50 and 27 in '47). India accounts for 14 percent of the world population with 2.4 percent of the world's

land area and surplus food. Corruption is India's greatest problem as also ignorance, not Poverty is the result. India is 6th in the World's Nuclear Club and 134 in the Human Development Index.

Reasons for High Birth Rate

1. Universality of marriage
2. Children an economic asset
3. Early age for marriage especially in rural areas
4. Male sex Preference
5. High infant / child mortality loss
6. Religious and social prestige
7. Social security in old age

Lowered Death Rate

1. Improved health facilities
2. Immunization against smallpox, cholera plague, typhoid, Tuberculosis. Therefore decreased deaths.
3. No large scale famine or epidemics
4. Improved sanitation and health education
5. Better medical care

India paid a big price by concentrating only on Population Control by Family Planning.

POPULATION REGULATION is best through these measures

1. Education, especially of women. Fertility Education for Breast feeding which is showing a downward trend..
2. Enforcing the raised age of marriage (legal age of marriage is 18 for girls and 21 for boys).
3. Family Planning Information and Usage especially for spacing.
4. Modernization of agriculture with a decrease of rural urban migration.
5. Old age pension and security benefits.
6. Preparation for Marriage and Responsible Parenthood in Schools, Colleges Welfare Centres etc.
7. Raised standard of living for those below the poverty line for a holistic development of man.

MAKE POVERTY HISTORY

Each one of us is an "Ambassador of the Earth and need to protect it. The rich West, is using up the good earth's fruits and is now set upon exploiting the East.

Population Dynamics refers to the changes in population, due to Birth Rate, Death Rate, Migration and other factors which directly affect population. I belong to the "growing" group of persons who believe that Ignorance and not Poverty is India's biggest problem. Education, therefore takes on a very special meaning look at the issue.

Food: There is enough so that nobody needs to die of hunger because there is enough to go around. But the technology to store and honest distribution of food is lacking.

WHAT IS FAMILY PLANNING?

Family Planning is the planning that parents should do with regard to the number and spacing of their children, taking into account their needs for wholesome development. It also seeks to help infertile couples who do not have children, to conceive or adopt a child.

The pill was banned for health reasons in Japan. Depoprovera or long acting injectables are banned in the USA because of their side effects. Hormonal implants are equally dangerous and should not be used. The IUD is banned in U.S.A . RU 86 is dangerous and also an abortifacient.

PERMANENT IRREVERSIBLE METHODS

Sterilisation for surgical measures a tubectomy in the female

This is done through an abdominal incision. The Tubes are cut and excised in a major operation in a woman

requiring a trained surgeon and general anaesthesia. Vaginal sterilization is done more rarely (In Western countries, tubal clips and injections to block the tubes are used).

ADVANTAGES

It is a permanent method with 96% effectiveness..

DISADVANTAGES

1. It is a permanent method, cannot be reversed with surety with the risks of major abdominal surgery and anesthesia.
2. Menstrual disturbances.
3. Ovarian dysfunction as blood supply to ovary interfered with.

LAPAROSCOPY

Occlusive procedures of the fallopian tube are carried out in a variety of different ways. The two procedures in addition to surgery used are Laparoscopy or Mini Laparotomy. These employ cauterization of the tube or placing a ligature around it.

VASECTOMY

The tubes (Vas Deferens) in the male are cut and ligated through an incision in the scrotum. Hence semen with sperms cannot be ejaculated, and returns to the testis. This is abnormal, and long term problems ensue.

DISADVANTAGES

1. Permanent method. Reversibility cannot be guaranteed.EFFECTIVENESS 96%
2. Men who have vasectomies are potentially fertile for about three months following the operation since

sperms are present in the distal end of the tube. If these husbands have intercourse they can impregnate their wives. Explanations are needed by doctor / nurse. Some men who have had vasectomies but have been unwilling to totally let go of their fertility, have resorted to storing their own sperm in "sperm banks" for future use in case of a change of heart.

The Complications of Vasectomy are varied. About 20 percent of men have a feeling of impotence or loss of virility following vasectomy. Studies are currently in progress to determine what effects permanent blockage of semen will have. Some studies have indicated that antibody production which results from the back flow of sperm may result in such things as arthritis or even arteriosclerosis, or hormonal imbalances leading to hypertension and angina which is frequently seen in vasectomised men.

India has specialized in Reanastomosis of the vas as fairly often men seek to reverse the sterilization.

ARTIFICIAL REVERSIBLE METHODS

1. Chemical Methods

- a) Foam tablets
- b) Spermicidal Jellies, foams, pastes and creams
- c) The Sponge or Douches

2. Mechanical or Barrier Methods

- a) Diaphragm or Cervical Cap. (Female condom)
- b) Condom or Nirodh (man)

3. I.U.D Intrauterine Device

Intrauterine Device (Loop), Copper T. Etc.

4. Hormonal Methods

- a) Contraceptive Pill for Women
- b) Depo Provera -Injectable

- c) Hormonal Implants for Women
- d) Contraceptive Pill for Men - rarely used
- e) RU 486 (a b c d are also Abortifacient in action)

5. BEHAVIOURAL METHODS

COITUS INTERRUPTUS

As the name implies this is Coitus or intercourse that is interrupted. Also called Withdrawal (or Onanism after Onan who spilt his seed).

1. ACTION

This is a Behavioural Method in which the man withdraws the penis from the vagina just before ejaculation.

ADVANTAGES

Inexpensive

DISADVANTAGES

- 1) Incomplete sexual pleasure
- 2) May fail when withdrawal is not done early enough or even otherwise, because there is always semen with sperms at the tip of penis.
- 3) Psychologically frustrating to both partners, because of interruption and incomplete intercourse, and fear that withdrawal is too late.

EFFECTIVENESS

Difficult to estimate, but not high, About 30%.

CHEMICAL METHODS

These (used by the wife, irrespective of being in fertile or infertile period) may be foam tablets, jellies, or cream which are placed in the vagina just before intercourse. The "Today" sponge also blocks the cervix for 24 hours.

ACTION

These chemicals act by killing the sperms, hence called Spermicidals. They do not allow the sperms to live and to travel to the tube to fertilize the ovum.

THE FOAM TABLETS are moistened with water and placed by the woman high up in the vagina, about 3 - 5 minutes before intercourse. They form a dense foam which traps and kills the sperms.

ADVANTAGES None

DISADVANTAGES

1. Either the man or the woman may develop an allergic reaction to the chemicals. This will necessitate stopping their use. Spermicide use has been recently found linked to Congenital abnormalities in children conceived by women who have used them. This is a serious problem which clearly requires public education (2% congenital abnormalities).
2. Expensive
3. Often fail because all the sperms may not be killed.
4. Messy and unaesthetic
5. Many women dislike keeping them in their body
6. Absorbed into the blood stream. Pass into milk and can harm the baby being breast fed.

EFFECTIVENESS

About 60% - 70%

2. MECHANICAL OR BARRIER METHODS

They act as a barrier and prevent the sperm from meeting the ovum.

DIAPHRAGM

Used by the woman. It is first fitted by a doctor for assessing the correct size. It is made of rubber with a spring rim and comes in 3 different sizes.

METHOD

Before intercourse the woman places the diaphragm in position. It is lubricated first with spermicidal cream which kills the sperms, and introduced through the vagina and fits onto the cervix, capping and closing the cervix so that sperms cannot enter. It is removed 8 - 10 hours after intercourse, washed and dried for re-use.

ADVANTAGES

Reversible Method

DISADVANTAGES

1. Diaphragms involve manipulation of the genitals.
2. An allergy to the latex and / or to the spermicide may develop.
3. In addition, pelvic pain, cramps, urinary retention and infection.
4. Sexual pleasure may be interfered with.
5. Expensive (has to be replaced from time to time).

EFFECTIVENESS

Used by itself - about 60%

With spermicidal Creams or Jelly 75%

CONDOM OR NIRODH

This is a contraceptive device made out of a thin rubber sheath to be used by the man and worn on the erect

penis. It aims at preventing the sperms from gaining access to the cervix. Withdrawal has to be done with care to prevent the condom from slipping off.

Upon ejaculation, the rubber sheath catches the sperm in the pouch thus preventing them from getting into the vagina. A condom for the female has also been devised. The sperm passes through often. The HIV passes through easily

ADVANTAGES

1. Also used to prevent STD (Sexually Transmitted Diseases) to some extent
2. Inexpensive.

DISADVANTAGES

1. Interrupts coitus, as it has to be put on after erection.
2. May fail, because of the microscopic pores of latex through which sperms pass
3. Allergic reaction due to rubber or plastic.
4. Interferes with sexual pleasure of skin to skin contact.
5. Infection, (when condom is reused) in wife, often vaginitis or urinary.
6. In addition, some men cannot retain an erection if a condom is used and, (For the Ovulation Method user, it will interfere with mucus observations, is less effective and they will not know which has failed if both methods are used).

EFFECTIVENESS - About 55-65%

3. LOOP - INTRAUTERINE CONTRACEPTIVE DEVICE - I.U.D

There are several different types of intrauterine devices currently in the market, some of which have been withdrawn recently, due to law suits for death and injury to a wife in USA.(1985)

These devices, like Lippes Loop are made from a Polyethylene Type of Plastic which contains Barium Sulphate, and can be viewed on X-ray if the loop moves.

The Copper - T and Copper - 7 are devices which have copper wire surrounding their base. The progesterone - T is a device which contains Slow Releasing Progesterone in its core.

Mode of action The IUD's work through many different actions which ultimately are uterus-focused, preventing implantation of a newly fertilized ovum at about the blastocyst (earliest) stage of development (abortifacient) and also by causing contractions of the tube expels the released ovum at ovulation.

METHOD

The loop has to be inserted by a doctor who first examines the woman to rule out infection, tumours or early pregnancy. The correct size has to be chosen.

The loop has 2 nylon threads, which hang out in the vagina. By these the loop can be removed, or confirmed in situ.

ADVANTAGES

- 1) Once inserted may be kept for years, so no motivation required. Should be replaced from time to time.

DISADVANTAGES AND COMPLICATIONS

1. Expensive for first insertion, as medical personnel and facilities needed.
 2. It is a foreign body in the uterus. Chronic irritation may lead to cancer.
 3. Backache and discharge
- 2) Bleeding can be severe
 - 3) Loop may perforate uterus, and even enter other organs.

(An estimated 15,000 women per year were hospitalized with major complications in the U.S.A from intrauterine devices).

EFFECTIVENESS - About 75%

The continuation rate is very low-about 70% at the end of one year and 50% at two years. With such a high discontinuation rate the adjusted Pregnancy rate has been estimated to be at 25 pregnancies per 100 woman years. (ratio of women using it over a period of one year).

4. HORMONAL METHODS

Oral contraceptive Pill

MODE OF ACTION

These substances which are known commonly as the "Pill" are used to prevent pregnancy by 1) inhibiting or suppressing ovulation, 2) changing the cervical mucus and 3) altering the endometrial lining of the uterus. These interfere with sperms entering the uterus and embedding of the embryo (abortifacient).

METHOD

In general the pills containing Estrogen and Progesterone are given for 21 days starting on the 5th day of the menstrual Cycle.

When taken for 21 days and followed by 7 days pause, bleeding occurs on the 5th day of which the pills are again started. Combined preparations in common use are Lyndiol. Ovulen, anovular, Gynovular, ec, Sequential preparations include Orthonovin and Serial 28 (with 7 day placebo of iron and vitamins).

ADVANTAGES

1. When taken regularly the high dosage Pill is very effective (96 - 98%). It ensures an anovular period after 7 days of therapy. The high dosage pill has been withdrawn from the market because of complications.
2. Does not interfere with the act of intercourse. The male contraceptive Pill suppress spermatogenesis, but are toxic and are generally not in use.

Effective if taken regularly. Low Dosage Pill - 75% effective.

DISADVANTAGES

1. Break - through or intermenstrual bleeding
2. Weight gain, nausea and vomiting, skin discoloration.
3. Decreased menstrual flow
4. Creates a diabetic - like state and affects over 130 metabolic processes in the body.
5. Decreases sexual urge in women and thus adversely affects the marital relationship, causing misunderstanding and divorce.

SERIOUS SIDE EFFECTS

1. Thromboembolism (a) Pulmonary embolus
(b) Myocardial infarct (c) Cerebral embolus
2. Cervical cancer
3. Liver tumours
4. Gall bladder disease
5. Hypertension
6. Infertility

In addition to this, oral contraceptives given during the postpartum period may interfere with lactation by decreasing the quantity of milk. Furthermore, the hormonal agents that are present in the oral contraceptives have been identified in the milk of mothers. Specific effects on the child are likely to be significant.

The continuation rate is fairly low. Hatcher indicates that during the first year of use only 45 to 70 percent continue using the pills. It decreases further with time.

DEPO PROVERA

Depo Provera or Norplants are injections or pellets of hormones inserted surgically into the arm or thigh of the woman, and can act upto 5 years. Banned in the U.S.A.

This is not easily tolerated in malnourished or anemic women. Surgical skill needed to implant. Infection can result.

MYTHS

Over population is killing in both China and India !. Life expectancy and Income are both rising. TRUE

Land surface is less for the population - False (Holland is the most densely populated country).

The state of Texas could accommodate the world's population.

Food in India is surplus. It's storage and distribution need newer technology - True

Global warning Ozone depletion is more in the richer countries.

Rich countries import doctors, teachers and nurses - the BRAIN DRAIN - TRUE.

"In the final analysis scientific natural methods like the Ovulation Method Billings is the best".

The worlds forests are disappearing because of the greed for cash crops by the rich (Cashew, Coffee, Wood for Apple crate, and toothpicks) - True

World Population - Myth and Reality

Currently growing by over 80 million people each year. Projected to exceed 12 million by 2050 Challenges to environment and quality of living.

Bob Sperlazzo says that the "Over population" LIE is killing us

Myth 1 The world is over crowded and population growth is adding overwhelming numbers to a small planet. Only 3% of earth's land surface occupied by human beings (1250 sq.ft per person)

Myth 2 Over population is causing global warming and ozone depletion.

Myth 3 The world's forests are disappearing because of over population 0.2% forest for timber

Myth 4 Air pollution is the result of over population. Acid rain, a by product of air pollution, is destroying lakes, rivers and (no to crop in US)

Myth 5 Many plants and animals are disappearing because of over growth of Population

Myth 6 Beginning is caused by over population

Myth 7 Causes war and revolution

Everything is blamed on 'Overpopulation', but as Gandhi said, "**There is enough for everyman's need, but not for everyman's greed**"!

VALUE ACTIVITY

1. DISCUSS

1. "Family Planning is meant to benefit families"
2. Why has family planning not been accepted in India in the rural areas particularly?
3. Why are some Western countries now giving incentives to couples to have children?
4. Discuss "Women are the targets for contraceptive use".

2. EXERCISE

1. Girl students to keep a Record of Ovulation.
2. Demonstration on Family Planning Methods
3. Films on Population Education. Health of Women etc



Celebrating the Explosion into life

"The Sperm and Ovum are special life bearing cells, but when they fuse into an explosion of the most unique character, a human being announces its arrival in an astonishing inimitable manner which is a wonder in science".

(Prof. Erik Obeblad, a Swedish gynecologist and biophysicist of renown.)

Dr. Obeblad studied the passage of a single sperm and the lashing of its tail as it raced through the mother's body to meet the ovum and continue human life in an inimitable manner which no laboratory has been able to duplicate.

It is a proved scientific and well documented fact that you and I began our life at fertilization, at which point "Life" in all its abundance exploded into the unique being which you and I are, in every aspect of our physical, mental, emotional, social and spiritual dimensions. From this point on, the genetic code could never be altered. Only growth and refinement continue.

Within an hour of the sperm penetrating the ovum, the nuclei of the two cells have fused and the genetic instructions from one parent has met the complementary instructions from the other parent to establish and design the inheritance of the new person.

The one cell divides into two, the two into four, and so on while over a span of four to seven days this child

traverses the fallopian tube to reach the uterus. Here s/he implants in the spongy bed of the womb, her home for the next two hundred and seventy days and to make it habitable, develops a placenta for nourishment and a protective capsule of fluid the amniotic sac..

Experiments have shown that when saccharine is injected in the amniotic fluid the foetus starts drinking the sweet liquid. When bitter liquids are injected, the foetus starts vomiting it out. The foetus can also hiccup. S/he exercises by stretching and kicking. S/he responds to the mother's voice after birth because the voice is already familiar in utero.

A pregnant pianist while playing noticed that every time, she came to a particular passage requiring force and extra bodily movement, her baby would jump or move within the uterus. After her baby was born, when she came to this passage, the baby lying on its cot beside her jumped at this same passage - showing that the baby remembered. This is the true story of Canadian music conductor "BORIS BROTT", who knows these music passages by heart, since he heard and learnt them in utero and says he "never has to even glance at this score".

"Swimming, dancing, moving gracefully in her/his astronaut's chamber with the graceful steps of a ballet dancer, you as a baby, felt, heard and remembered events of your mother's movements, voice and even your father's voice. Your brain reasoned and kept memories to recall later.

GENETICS CHROMOSOMES AND GENES

Human cell contains 22 pairs of body chromosomes and one pair of sex chromosomes XX in the female and XY in male.

One member of each pair comes from the mother and one from the father.

They are made up of deoxyribonucleic acid (DNA) and consists of genes for every part of the body..

Respect for Human Life embraces all aspects, but the most important is:

1. Respect for the unborn and helpless embryo/foetus, irrespective of sex, and age.
2. Respect for the aged, the weak, the disabled, and diseased, who also deserve a good life.
3. Respect for human beings of different caste, community, sex, colour, religion, the exploited and dependent.

ABORTION - TAKING AWAY LIFE

Made up of two Latin words, Ab-meaning - 'OFF' or 'away' and 'oriri' meaning 'to be born', abortion means 'taking away' a human life which would in the normal course of events, be born.

Abortion may be considered as occurring naturally or spontaneously when without any interference or stimulus the conceptus is expelled. It is a little known fact that as many as 50% of Conceptions end in Spontaneous abortion (or miscarriage which is a more correct term), when the foetus is not healthy.

There are medicines like RU 486 etc., used for nonsurgical abortion. These are dangerous to the mother, and damage the child if alive.

ARTIFICIAL OR INDUCED ABORTION

This is an abortion or taking away of life for the main purpose of killing the child. This is done by 'induction

or artificial' means. Unfortunately it may be because the mother is under coercion by her family or husband, or even doctor.

There are young unmarried mothers whose numbers are sadly increasing due to increased permissiveness, false values, sheer lack of guidance and ignorance. These women can be cared for, rehabilitated emotionally, and helped to have a healthy baby which can then be placed for adoption in a home longing for one. Some young women choose to keep the child and work to support it.

The UN Declaration on the Rights of the Child maintains that the Child by reasons of his/her physical and mental immaturity, need special safeguard and care including appropriate legal protection BEFORE AS WELL AS after birth.

ABORTION AND BREAST CANCER

As soon as pregnancy is established the Breast milk cells, previously dormant, rapidly grow into a system of branching ducts and glands cells capable of producing milk. Once this growth change and maturing is complete, there is no further significant change for the rest of her life and the chance of the breast developing cancer is much less.

However, when an Induced Abortion is done the stimulus for the milk glands to multiply normally is removed suddenly and this "irritation makes for abnormal cell multiplication or cancer, especially for young women and the first pregnancy".

Every woman should be informed about these dangers, and doctors and nurses should be first educated. Very few are aware of this aftermath.

In USA, Australia, UK and Russia, studies clearly show the high incidence of breast cancer in women who aborted.

Prof. Joel Brind of Baruch College, NY in his epidemiological studies clearly showed that a clear link between Breast Cancer in women who delayed childbirth and those women who had an abortion existed. Teenage girls having a first trimester abortion (instead of a pregnancy) increases her risk of Breast Cancer by 15%.

Maternal Mortality Rate due to Abortion has risen to 13.7 in 1981 - almost double. (Reported legal abortions). In 2006, the picture is even worse as more and more unmarried girls go in for an abortion.

If genes which occur in pairs are alike, the individual is described as homozygous for that gene: if dissimilar the individual is described as heterozygous for that gene.

A gene is said to be dominant when it manifests its effects both in the heterozygous and the homozygous stage. A gene is said to be recessive when it manifests its effects only in the homozygous state. Consanguineous marriages (close relatives) are unhealthy

MTP HELPS MAINLY UNWED GIRLS - TIMES OF DECCAN (INDIAN STUDIES)

Calcutta May 9: "The number of unwed girls getting their pregnancies terminated under the MTP Act is much higher than their married counterparts according to a study by Prof. Roy Chowdhury of the Calcutta Medical College.

The Study by Ghosh showed that over 74% abortions were performed on unmarried girls. In Ludhiana (N.India) over 50% were unmarried college girls.

The Mumbai figures are almost similar. There can be no doubt that legalising abortion has increased promiscuity because of its easy and low cost availability in

Government hospitals while the rich pay big bills, for 'secrecy' in expensive nursing homes.

Like the Chinese, we too should chronologically count this life. Three months after birth the Chinese celebrate the first birthday of the child. The Chinese are suffering from serious "girl child" killing.

ABORTION ON DEMAND IN INDIA – THE AFTERMATH

No questions are asked of the woman who desires an abortion. The Act with its clause of 'stress' provides her with a ready made excuse for any forms she may have to fill. This gave spur to the MTP's (Medical Termination of Pregnancies) which rose from 24,298 in 1972-73 to 3,85,749 in 1980-81 (Femina 1984), and is still rising.

Deaths due to Infection and Haemorrhage after Sterilization, IUD, Insertion and especially Abortions are played down and under reported.

POST ABORTION SYNDROME

Perforation of the uterus or cervix

Hemorrhage, Infection, Peritonitis

Infertility. Yearly 1/3 UK women aborted

Retained placenta or foetal parts.

Inability to become pregnant after termination of pregnancy.

Inability to have monthly menstrual cycle after the abortion. Hormonal Imbalances

POSSIBLE POST ABORTION COMPLICATIONS

Guilt, Anxiety, Depression and thoughts of suicide.

Anniversary syndrome, Re-experiencing the abortion.
Pre-occupation with becoming pregnant again.
Anxiety over fertility and child bearing issues.
Interruption of bonding process with own children.
Survival guilt. Development of eating disorders.
Alcohol and drug abuse.

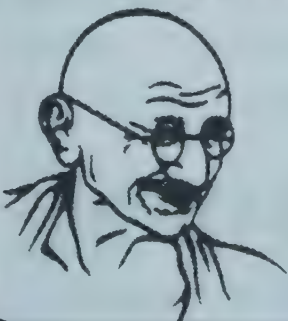
These complications are well documented and are available on request.

VALUE ACTIVITY

1. Human Life from fertilization to natural death should be protected by Human Rights. Discuss with others.
2. View Film on "The Silent Scream" by Dr. Nathanson. Discuss



ABORTION IS AN ACT OF VIOLENCE



India is a land of non-violence.
Mahatma Gandhi said of abortion
**"It seems to me as clear as daylight
that abortion is a crime".**

Femininity

Women Silenced from the Womb to the Tomb!

THE MOURNING HAS NOT BEGUN

Procreation of a son became a religious necessity for he alone could discharge certain ritual obligations to the ancestors. Girls education was discontinued and as such young brides ceased to have any voice in their choice of marriage partners. Widow-marriage was opposed. A wife was expected to carry out all the services needed by her husband properly, and to keep him satisfied. The dictum that a wife ought to respect her husband as a God even if he was vicious drunkard and void of merit, was accepted as applying to all women (Kapadia 1958). The practice of sati was gradually established by AD 700.

The theory of perpetual tutelage of women was clearly formulated by Manu the law-giver of Hindu society-according to which, a woman was to depend on her father in childhood, on her husband in her young age and on her sons in her old age. Thus she was expected to play the role of a person completely dependent on man with no ability to take a decision on her own.

BLOSSOMS IN THE DUST

"A relentless pursuit from conception to death follows our girls, born to blossom in the dust". Now built into the Five Year Plans, sex detection test, female foeticide, infanticide, neglect by discrimination, rape, molestation dowry death aiming to keep the population down have lowered the dignity and status of women.

Historical Cousinage between Abortion and Infanticide:

Today's rapidly escalating medical assaults on defective or seriously afflicted newborn in the West, and also now in India, for quality control (and girls or unwanted children) did not develop out of a vacuum.

"A legacy of destructive energy was unleashed with certain attitudes and beliefs which have spilled over to consume children, unborn and born."

Today Asian countries have been brainwashed to actually believe that a better quality of life is confined solely to physical excellence and economic contribution that the individual can make chiefly to him/herself.

Hidden Agenda:

Moreover a commercial angle of this destruction is yielding rich dividends because the pressing need for abortion and euthanasia will not only yield a Rich Harvest of Organs for Sale but work towards Population Control. This diabolic thinking needs our active attention and rebellion.

Reasons for Female Infanticide

In India, during the pre-Independence period, women (biologically stronger than men) had lower death rates than men, at all ages upto 40 years. Now in the post-Independence years, the death rate of women is higher from birth to the reproductive age.

1. To avoid giving Dowry (The Police, Judiciary and Government have a "Go Easy" Policy for Dowry offenders.)
2. To avoid loss of prestige or loss of 'face' in the community.

3. To keep the wealth within the family and especially sons.
4. To get rid of the illegitimate newborn especially girls and defective children.
5. To appease the gods in cries.
6. To control the family size.

FEMALE FOETICIDE AND INFANTICIDE

Sex discrimination resulting in female foeticide is a matter of deep regret. Amniocentesis is being done in India almost exclusively to determine the sex of the baby. If a female, this test is immediately followed by abortion. Mortality rate for female babies has increased for each of the census years.

Abortion and particularly female foeticide in India is closely linked to Infanticide as Dr. Eugene Diamond said, "We in the medical profession now stand awash in the blood of millions of aborted children. We put aside our curettes and salt syringes, consigning the damp pulp of the most recently slaughtered foetus to the ovens. We lift our eye above the windows of the abortorium and gaze into the nursery."

Infanticide in India is closely linked to fear of dowry giving and the belief that females are inferior. In the West, infanticide is practiced for handicapped children using sophisticated techniques in the hospital. In the East, India and China, crude methods of suffocation and poisoning are practiced.

NUTRITION

Adequate and correct nourishment of girls is therefore of profound importance for future generations. Malnutrition in Ethiopia and India are similar in children. Anaemia has a profound effect on the

psychological behaviour of the individual. It lessens resistance to fatigue, disease and exacerbates any infection, and makes a person lethargic and apathetic.

FEMININITY - MOTHERHOOD - CREATIVITY

Emotional love is the capacity to affirm the other, first by being more in delight by the good of the other, and then by outwardly manifesting our own delight.

The need of the infant for love is best satisfied through the mother because she is most suited to be the primary care-giver of the human infant.

This relationship begins from fertilization and continues till both life-times (mother and child) are completed. If this relationship is terminated before birth, scars are left on the living mother.

BODY LANGUAGE

It is well recognized that touch plays a very important role in developing, maintaining and consolidating human relationships, hence Nature deemed it necessary to have the unborn child in close proximity to a human person, its mother.

Soon after the baby has "changed its address" at birth, the Touch Factor is continued by Breast Feeding. The human mother is the only being that holds the baby in her arms close to her breast and looks at her baby and vice versa. This is the first human act of counseling - the mother and her baby listening to each other's Body Language.

The maternal aspect of femininity is totally achieved in pregnancy. Celibacy is natural and normal only when the creative emotion finds fulfilment in a personal commitment or ideology.

Women, the Choice is Yours

WOMEN - IMPREGNABLE LIKE MEN

As the young woman develops her deeper cerebrocentric sexuality, her genitocentric sexuality becomes more imbued with freedom and less driven by compulsion. This authentic freedom does not lessen the value of genitality, but increases its value intensifying its quality while moderating its quantity.

As Callahan "Abortion Law" says, "The credibility of advocates of legalized abortion under the banner of female freedom and "the wanted child" is weakened when the zeal for change in the abortion laws is not matched by a comparable zeal to change these social conditions which force many women to choose abortion".

WOMEN AND FREEDOM

"Choice means choosing between options. Freedom means choosing the Truth". The question is whether we can logically agree that choice in the matter of life and death is an exercise of liberty that should not be controlled by law or cultural norms.

The rabid feminists find it awkward to explain away the major sex differences i.e., the fact that women have babies and men do not, hence abolition of this "inequality" becomes a primary goal. A great deal of feminist energy therefore is devoted to "minimizing" the difference.

Hence, the compulsive feminist drive for abortion, contraception and abortion. Women must become as "impregnable" as men.

"No problem in foetal health or disease can any longer be considered in isolation; at the very least two people are involved, the mother and her child"

Sir William Liley - Inventor Pediatrician of Intra Uterine Blood Transfusion for babies RH-ve. "The foetal

personality develops, powered by his/her own drive in their spaceship".

WOMEN'S RIGHT OVER THEIR OWN BODY

"The claim of some women liberationists, that a woman has a right to control her own body is indicative more of a personality disorder than an argument for relaxing laws. The split between a woman and her body represents a psychic division that leaves a woman alienated from herself.

THE FEMINIST AND ABORTION

ABORTION IS A FAILURE TO MEET A CHALLENGE. THERE IS A LOSS OF SELF ESTEEM.

"I am not a Catholic, but I am hundred percent against abortion" says Jill Knight (MP in UK) "for amongst other reasons, the point that women's Lib misses, is that abortion can make women more enslaved not less"

Once a mother, abandoned by her husband and in tears about how to feed her children, wanted an abortion. To make her appreciate what she wanted to do, the nurse pointed out that, to save money she "should kill her 12 year old daughter rather than the youngest one." After all, by killing that one in the womb she would save almost nothing for the next two years, whereas the bigger child was costing her more to maintain.

The mother decided not to abort and had a healthy daughter, who is now her joy, and proof indeed that she could stand up to a serious challenge and succeed. For a mother to have an abortion is to admit that she is failure and this robs her of her precious self-esteem.

"I see the light in your eyes. The future belongs to those with ideals. Be not afraid".

John Paul the Great

GANDHI AND WOMEN'S EMPOWERMENT

Gandhi contributed enormously to the emancipation and empowerment of Indian Women. Quite early in his national struggle Gandhi declared, "As long as women do not come into public life and purify it, we are not likely to attain Swaraj. Even if we did, I would have no use for that Swaraj in which women have not made their full contribution." He declared, "Woman is the companion of Man gifted with equal mental capacities." The poetess Sarojini Naidu was among the first to become his trusted deputy.

At his gentle urging, women donated their jewellery, marched in processions, picketed liquor and foreign cloth shops, sold khadi at street corners and provided sanctuary in their homes to "satyagrahis." Aruna Asaf Ali unfurled the Indian flag. Usha Mehta, with three other women, set up and operated a secret "Congress Radio." Through the non-violent national movement, Indian women for the first time combined their roles as wives and mothers with their new roles of "non-violent warriors."

Because of their heroic roles in the national struggle, after Independence Indian women were accorded full equality with men. In the first Union Cabinet Rajkumari Amrit Kaur, a princess of Kapurthala, became India's first health minister. India's first Ambassador to the Soviet Union was Mrs. Vijaya Lakshmi Pandit who later became President of the UN General Assembly. Indira Gandhi became Prime Minister of India. Numerous Indian women have risen to high positions in politics, diplomacy, business, banking, industry, biotechnology, news media and other professions including aviation. In fact India got its first woman Prime Minister twelve years before the United Kingdom.

AN UPDATE ON WOMEN

1. There is no scientific validity that men are more intelligent than women, or that either are superior in specific intellectual skills or processed than the other.
2. Women, especially in 3rd world countries, perform worse than men in routine IQ tests because:
 - a. It is scientifically recognized that psychosocial stimulation correlates positively with the IQ and women are relatively psychosocially deprived especially in childhood and hence have a poorer response.
 - b. They are brought up with restriction and taboos and this impedes their flexibility.
3. There are no sex differences in localization of hemisphere functions. Mood disorders are believed to be Right Hemisphere related and Schizophrenia-Left Hemisphere related.
4. Women are more vulnerable as far as affective disorders are concerned for eg. Post partum Blues-Post partum Psychosis and Menstrual cycle related mood disorders.
5. Females have a tendency to employ a verbal analytic strategy to solve mental rotation tasks-males use a visual-holistic strategy. Thus females may rely on their Left Hemisphere while males on their Right Hemisphere to perform a mental rotation task.
6. Males perform better than Females on measures of Mathematical ability, but again this is "culture" conditioned.
7. Women are able to stand upto a "crisis" better than men generally. They can also adjust better to "Pain" and "Blood Loss" because of the menstrual experience.

8. Women have 60 percent of the muscle power of men, since Testosterone is directly related to muscle growth.

WOMEN - THE VIOLENCE OF NEGLECT

1. Women's Total population	400 million
2. Anaemia (below 10gms)	70%
Moderate / severe Anaemia	85% Pregnant woman
3. Pregnant Mother receiving Antenatal care	40-50%
4. Total Fertility rate	2
5. Illiteracy in women / men	60% / 40%
6. Deaths due to Tubectomy in 2 years in 1 estimate (LOW)	844
7. Tubectomy Failure	4%
8. Money spent on Family Planning (in 30 years)	Rs. 60 billion US \$ + From agencies
9. Women at work without equal safeguards	60%
10. Causes of death in women higher rate than men	0-40 years
11. Abortion Deaths (included in MMR)	High due to Rupture / Haemorrhage
12. Women more vulnerable than men to AIDS	10-30 times
13. Dowry Deaths / year approx	8,000 - 10,000
14. Ectopic Pregnancy (more than	60% Rupture occurring in Post Tubectomy & IUD

15. India in the Nuclear club 6th
16. In Human Development Index 134
17. Do not have Drinking Water 200 million plus
18. Tuberculosis kills every year 1 million every year
19. Drug indulgence 4 - 6 %
20. Life Expectancy (After 50 years) Female 64.6 / Male 60
(Before 0 years women die earlier)
21. Suicide in one city 25-100
22. Disorders & Self-inflicted injuries, rank 5th & 6th amongst disease & injuries affecting women between the ages of 15-44. Some of the known causes of depression are childlessness, physical, sexual & mental abuse, widowhood, desertion.
23. Reproductive Health starts with conception. Reproductive ill-health start with infections in infancy, lack of menstrual hygiene & in marriage from their partners, 60% or more of these men having had sexual experimentations before they infect their virgin brides. Untreated these infections cause infertility & ectopic pregnancy etc.



Death and Euthanasia

"Honour your aged for they are a reservoir of wisdom". Who shall put a price tag on life - any life. Who shall decide who will live and who will not?

Blessed are those who understand my - faltering step and palsied frail hand.

Blessed are those who know that my ears must strain to catch the things they say.

Blessed are those with a cheery smile who stop to chat for a little while

Blessed are those who never say, "you've told that story twice today".

Blessed are those who make it known that I'm loved, respected and not alone".

Esther Mary Walker

We learn by living with our aged who request-

All life is precious. As we age and the body cells slow down no man or machine can predict when natural death can occur. Direct killing, deprivation of ordinary water can never be condoned. At the same time extraordinary means need not be used to prolong life.

DEATH AND DYING

Some see death as a frightening spectum. Others welcome it when it comes, having lived a full life.

And who would not want to live till natural death take place when they are loved and still wanted?

WILL YOU CARE FOR YOUR AGED, WHO ONCE CARED FOR YOU? By their presence alone they inspire us to rise above ourselves.

Studies have shown that aged do lose this memory only if not stimulated enough.

They are not more ill but seek attention, acceptance. These indicate affection

And which of us irrespective of age can do without these?

EUTHANASIA - KILLING THE UNWANTED

Killing by the Doctor or Nurse.

The Hippocratic Oath formulated by the great physician Hippocrates[BC] stressed only on "Primum Non Nocere". First, do not harm." Only- Promote Life. Today however, many choose to ignore this centuries old exhortation .

Euthanasia is not about turning off machines when life can no longer be supported, nor is it about accepting unwanted intrusions into the life of patient to maintain life at any cost. It is about purposeful killing, taking the life of another person or murder.

HIDDEN AGENDA

The real purpose for pushing legalization "Euthanasia is for "Population Control". Why spend money and time, hospital beds for the old and dying when young people need them for organs transplant to sell to the Wealthy West,"

In common usage however, Euthanasia means an act directly causing death in order to end the suffering of victims of incurable disease or lingering illness - " mercy killing", in other words. And because those who make the propaganda for the "Good" death or mercy killing in mind, it must be clear that the aim is direct killing or taking away of life.

An old terminally ill man was taken to the home of Mother Teresa's in Calcutta. He was attended to with compassion and care. Before dying naturally a few days later, with eyes shining in wonder, he said "All My life I have lived like an animal. But now I am dying like an angel". The suffering of being unwanted had been removed

Many people have been made to believe that a better quality of life is confined to physical excellence and the economic contribution of the individual.

"And who are greater criminals than those who produce the instruments of death, or those that use them?"

- Robert E. Sherwood

Euthanasia may be voluntary, involuntary or compulsory. If voluntary, administered by oneself, it is suicide. If administered by another in an involuntary or in a compulsory way, it is murder. In any form, it is illegal in India.

Those for euthanasia tender the opinion that a person has a "right to die" when he is already in the process of dying, but nobody can correctly predict this event.

The medical profession itself has a questionable record in the accurate prediction of death. One of the panelists at the Fourth Euthanasia Conference said; "The biggest dilemma is how the physician can tell when a patient is indeed dying? We see very sick people who look as though they had only a few days to live....

Sir Francis Chichister's doctor once told him he was soon to die. Yet he went to live another 15 vigorous years. In his autobiography, famed heart surgeon Dr. Christian Barnard related that as a young intern he once came within a needle plunge of committing a mercy killing on a woman who was in extreme agony from

'terminal cancer'. The next day she seemed better", recalls Barnard, and six weeks later, she left the hospital free of pain, with her disease arrested for a few more years. I watched her go, wondering how I had come so close to committing a tragedy."

SUFFERING AND PAIN ARE NOT THE SAME THING

While the words are often used interchangeably, pain and suffering are not the same. Pain is a physical warning signal in our bodies that something is wrong. For the most part, pain can be objectively observed, measured and usually treated. 90 percent of pain can be relieved by modern pain killers

Suffering is a normal part of life through which humans may grow in grace, strength and compassion for others. True compassion is not expressed by killing a patient or hastening death. This human need challenges us. Can we meet it?

MOST PAIN CAN BE MANAGED ... but much of it can not. While there have been dramatic breakthroughs in the treatment of pain in recent years, too many doctors are still ill-equipped to treat pain. Some physicians deprive patients of proper medication.

The World Health Organization reports that 95% of cancer pain can be controlled and that the remaining 5% be reduced to a tolerable level. The Agony for Health Care Policy and Research (U.S. Department of Health & Human Sciences). (U.S. Department of Health and Human Services) and the American Cancer Society has developed new pain management guidelines. Those who are not in a state to express themselves would want their pain controlled. It is both ethical and moral to give medications to relieve pain, even though these may reduce lucidity. However, provision should be made to satisfy the patient's moral, spiritual and family needs

GRIEF COUNSELLING

Emotional and spiritual support for those suffering is crucial and relieved pain considerably. Counselling for close relatives is also important as the dying often suffer anxiety about the family they are leaving.

Science, Religion, Ethics and Philosophy must be integrated into ethos providing an Ethics for all to follow and look up to.

This is not a religious issue, but a human one.

According to Buddhist teaching, human life is primarily one of suffering and it is one of man's duties to withstand his suffering. It will be difficult for someone who takes his life to be reincarnated.

All religion and morality believe that "If we are not for life, we are against our own survival".

Pope John II was a scientist par excellence. In "Redemptor Hominis", he teaches that Ethical Analysis requires that we keep three priorities.

The priority of Person over things.

The spirit over Matter, and

Ethics over Technology.

As another great scientist, 'Louis Pasteur said year's ago the truth of which we increasingly recognize.

"Science gives the techniques

But the Spirit gives the impulse".

VALUE ACTIVITY

Anita, an 80 years old woman blinded for over 10 years, was being shown her room in a home as all her close relatives were no more. The attendant was guiding her and explaining the colour of the walls, the flowers on

the curtains to her "It's all right". You have not lived in it yet, "the attendant said. "That is not important" said Anita. The atmosphere is nice. Her positive attitude struck the attendant. She realized that Anita 's attitude is just what they needed in the home and gave her a warm embrace, Already feeling her burden lighter Anita immediately responded.

- If the Attitude of Anita is not commonly met with, why do you think this is so?
- Could you be more positive with your aged relatives and friends in your body language and friendliness?

PREPARING FOR THE MID AGE CRISIS

"Exciting, Challenging, Leaving Crisis Behind, Looking forward to Doing My Own Thing"

"There is no need to see middle age as a crisis. It can be faced as can be other life changes - tranquilly - but only if prepared appropriately"

ANDROPAUSE

The male menopause of ANDROPAUSE occurring around the late fifties or sixties also needs our attention and caring. Men take retirement more seriously and feel unwanted and useless whereas the wife has her home to engage her attention. Partial impotence may be present and coupled with the wife's midlife crisis and ageing assumes serious proportions. Diet, Exercise, Counselling, Recreation and activities are needed as also friends.

There is no need to medicalize the mid age crisis. However this natural process has attracted the commercialization by doctors and pharmaceutical industries with dire consequences that are downright dangerous.

"A woman who smiles with her eyes will never lack for friends even when older. Some women are worried about their facial complexion rather than a Friendly Expression."

Gilda Mendonza

Are you ready for Menopause?

A woman who has led a harmonious life will have an easier menopause when she transits between two distinct hormonal patterns - just like the girl she was before menarche when female hormones took ones.

A complete man or woman includes old age when the end of abundant sexual hormones signals the end of Fertility, but not femininity or masculinity. These will go on.

The stages of Menopause in women and the Andropause in men depend on their earlier psychological and personality pattern, the environment and inherited and hormonal patterns.

A normal middle age change need not become a crisis unless the woman demand what was previously lived naturally and becomes anxious or disturbed.

The midage changes which may coincide with career challenges and grown children's problems might also present hypertension, weight gain in women, hot flushes, breast tenderness and depression. *"At no time in history has the climacteric been feared as it is today when osteoporosis and late pregnancies are also feared".*

Bone density peaks in the teens and declines after 50. Hence even children should not be allowed to vegetate with computers and T.V. A diet rich in calcium and Vitamin C is needed as also exercise and work or hobbies for them and later on in midage their interests and hobbies will take centre stage.

HRT or Hormone Replacement Therapy is no answer to the question of needs and should be avoided due to the risk of Cancer.

Counselling can help reduce and heal various psychopathologic manifestations and also common symptoms of irritability and instability. General health must be maintained.



Genetics and Human Life

Ethics

'Primum non nocere - First do no harm. Give life'

Hippocrates (BC)

Inspite of the fact that the value of human life and its inviolability may be evident through scientific reason and human conscience, it is unfortunately the object of many attacks, above all at the beginning and at the end of life or in situations of weakness and suffering.

Love for the human person comes from a vision of man's true dignity and incomparable preciousness. This truth and dignity are eternal and hence human life is to be perceived as a value in itself which is not dependent on the usefulness or comfort of success that accompanies it. That life from the moment of conception or fertilization till natural death is sacred, is an old Asian and Indian belief.

GENETICS

SCIENTIFIC RESEARCH, MISUSE & ABUSE

Human life has more recently been obscured by genetic engineering, under the guise of "Gene Therapy". The exploitation that takes place through experimentation by doctors, is the gravest form of social injustice. The positive uses of Gene Therapy need to be emphasized.

"Abortion, foeticide and euthanasia"

HOMINIZATION

Fertilisation is synonymous with conception, and to be present in the world through a body. Before conception,

the sperm and ovum are just living cells each with a potential that only gets fulfilled if successfully fused at conception. At conception, this new human person is 'ensouled' in the phenomenal mystery of "hominization"

BIOGENETIC CONCLUSION

1. The one-celled zygote is alive, is self organized and self-moving, hence it is not a potential but an actual being with potential.
2. The zygote is a genotypic ally of the species homosapiens, hence it is human.
3. The zygote genome has a unique, new and unified set of chromosomes, hence the zygote is an individual not a part of the mother's body.
4. The zygote is therefore a living genotypically human individual.
5. The human being at conception is a human person, called the conceptus.
6. Therefore the conceptus is a human person.
7. **All human persons have the right to life and therefore the conceptus too has a right to live. HUMAN LIFE IS NOT STARTED, IT IS TRANSMITTED.**

GENETIC COUNSELLING

It is a practical service that genetics can render young people contemplating marriage. It is estimated that at least 4 percent of live-born individuals suffer from some genetic or partly genetic condition and may benefit from genetic counselling. Advances in human cytogenetic and human biochemical genetics, has led to the establishment of genetic counselling clinics where advice in connection with consanguineous marriage, genetics abnormalities in individuals and inborn errors of metabolism can find

some help to avoid developing into more serious conditions (eg. Phenyl hetonuria, Mental retardation etc.)

Medical Research must and should go on, but it must always be guided by respect for the individual's good and his/her basic rights to life. It must never be commercialized or taken undue advantage of.

Problem areas like the correct interpretation of 'quality of life', selective breeding', 'female foeticide', amniolcentesis', 'chorionic villus biopsy', 'breeding out undersirable characteristics', 'tissue transplant', 'hormonal implants', 'surrogacy', 'eugenics' and 'euthanasia', must be confronted and a Human Ethics arrived at for professionals and lay persons alike.

Celebrating Life is in loving and this means without any discrimination of age, sex, colour, ability or capability. Few students in any discipline spend sufficient time in discussing and understanding that the purely fundamental sciences and religion are not in conflict, but that the applied sciences are constantly interpreted and misinterpreted and that people need help and guidance to know how, what and why to belive.

IN VITRO FERTILIZATION - IVF AND EMBRYO TRANSFER - Test Tube Babies.

After the first burst of applause which hailed the birth of Louise Brown the first IVF Baby (1978) there have been many misgivings and doubts about this aspect of research, since even till today more cases fail than succeed. When tens of thousands of dollars are involved, social, economic and ethical issues enter the picture. Moreover it is only when 1,000 children reach adulthood that we can be sure about the safety of IVF.

If the husband is infertile, he is often replaced by Artificial Insemination by Donor (AID) and this poses even greater problems.

Which women present themselves for IVF and ET?

Originally IVF and ET was intended only for women with blockage of the fallopian tubes. Tubal pathology accounts for 90% of the cases, with causes varying from infectious diseases to previous abortion. IVF and ET have become no more than a technique to satisfy an adult need. In India with a million babies to adopt, we can motivate childless couples to accept one.

PROCEDURE

After ovulation, induction by stimulating the ovaries artificially with daily injections of follicle stimulating hormone or both to produce a crop of ripe follicles. The number and growth of follicles is monitored by daily radio immuno assays of oestrogen and ultrasound scans. The aim is to harvest the crop by laparoscopy, sucking out the contents of the follicles just before they rupture.

The ova are put into a petri dish after extraction and the semen added to it. Hopefully fertilization follows and one or more fertilized ova are then injected for implantation after the fourth day into the uterus. Other embryos are destroyed or experimented upon or preserved for future use.

SUCCESS RATE IN IVF

About 16% of women achieve a pregnancy in 1 to 3 attempts. Few couples can stand the emotional strain and expense of more than 3.

Any process that involves the creation and manipulation of human life calls for strict controls and the highest ethical principles in those handling the embryos. It is not a procedure for the poor. Tubal Ovum Transfer and Micro surgery of the Tubes is increasingly replacing IVF by restoring Tubal Patency.

IVF inevitably involves the grave injustice of the destruction of embryonic human beings rejected after multiple fertilisation.

The procedure of TUBAL OVUM TRANSFER is much more in keeping with Ethics and Marriage. The ovum is extracted and injected into the uterus immediately after which the couple have intercourse normally. Hence no donor sperm is used and the marital act is normal between husband and wife, whose womb physiologically in the fertile period is ready to receive the new human person and embedded it for nine months.

A satisfying option - ADOPTION

After 3 years of attempting conception and failing, the couple should seriously consider adoption. They should not wait for more than 5 years, and discuss this together and then with others, preferably friends who have successfully adopted a child. Thousands of couples all over the world have been helped in having happy families with adopted children. Here women who cannot rear a child give a precious gift to a couple who can.. "I did not go to the hospital to have you. I searched the wide world and keep you in my heart", replied one mother to her son who asked if he was adopted and had been in her body.

CLONING

Medical scientists dream of cloning human cells where an identical individual could be produced from an existing person an achievement which required our closest attention to prevent human experimentation. Dolly the sheep was the 277th experiment which succeeded in cloning. 276 sheep were slaughtered on the altar of experimentation. Dolly was full of defects and died prematurely.

Nuclear Transfer (as done for Dolly) is cloning done by transferring a somatic (body) nucleus into the fertilized egg on an animal. Natural cloning is when a cell is introduced into a fertilized egg and then divides. The cytoplasm contains the characteristics.

Stem Cell Research is being used for Parkinsons, Alzheimers etc. Recently stem cells into the spinal cord of a paraplegic turned cancerous. Hence this procedure needs strict ethical control. Adult stem cells from the mucous membrane of the mouth, nose, umbilical cord and skin etc are being used successfully. Embryonic stem cells are then pronounced "safe", as they can differentiate into undesirable cells autologous stem cells can be used from the same person.

PRENATOLOGY

Today there exists NO REASON for therapeutic abortion or medical termination of pregnancy, since the science of prenatalology can detect any dangerous signs or symptoms in the mother and treat it.

Presently, the science of prenatalology has attracted attention because of the positive steps that can be taken to correct and prevent certain conditions, in the mother's prenatal condition.

Intrauterine growth retardation can be detected by urine oestriol, human placental estimations, ultra sound or clinical examination. Where blood circulatory disorders are present, the mother can be treated with beneficial effect to the foetus

A foetus' inability to assimilate an essential vitamin can be detected and treated by giving large vitamin doses to the mother. Babies likely to be born prematurely can receive drugs that hasten maturation of lungs, thereby combating hyaline membrane disease, a killer of premature babies.

Drugs such as digitalis can be delivered to the foetus through the mother's blood stream to correct irregular heart rhythms. Excess fluids have been drained from the chest and abdomen of the foetus and blood transfusions can be given. We can truly say that science has made healthy childbirth a reality. There is no need for abortion.

It is much safer and healthier for a woman's health and marriage to go through with her pregnancy than to have an induced abortion. The premedication and anesthesia required for an abortion poses problems, as does the post abortal syndrome.

COMMON QUESTION AND ANSWERS

An Interview with International Specialist Dr. Herbert Ratner M. D. (USA)

1. DOES RAPE FREQUENTLY RESULT IN PREGNANCY?

No, less than one percent of women who are raped get pregnant. Hence, Pregnancy from actual rape would be most infrequent. In only one out of about 250 or more coital acts does successful conception occur (John Hopkins). It confirms the fact that man intrinsically is the most sterile of all species. As we know, sterility is a huge human and medical problem. Many of the women who flocked to birth control clinics in their twenties now flock to sterility clinics in their thirties.

2. ARE DOCTORS AS A CLASS IN FAVOUR OF ABORTION?

No. The big push for changing the abortion laws comes from small groups of well-subsidized nonmedicos and even though these have converted

the leaders of some medical groups, physicians are in the minority of those supporting abortion. The whole tradition of medicine has been to respect life from the time of conception. This is reflected in the Hippocratic oath which speaks out firmly against abortion, and the post World War II Geneva version of the Hippocratic Oath. As also in the UN Declaration to protect the unborn child.

3. DO YOU MEAN THAT MEDICINE ITSELF CANNOT SUPPORT THE JUSTIFICATION OF AN INDUCED ABORTION?

Precisely. My medical colleagues must agree that the right to kill another human being must be determined by a science superior to medicine whether it be law or theology. From the view point of medicine itself, we doctors do not have the medical authority to decide which human being should live and which should not.

4. CAN PREGNANCY THREATEN A MOTHER'S MENTAL OR PHYSICAL HEALTH?

If the mother is run down nutritionally, the solution is to correct this with proper foods, minerals, vitamins and whatever else is needed. There is no question today about scientific ability to restore adequate fitness. Even with a heart condition, a pregnant woman is in less danger from delivery than an abortion.

When a woman comes to a doctor and says, "it will kill me to have another child", we should see this as a symptom of an underlying mental or emotional condition present in the mother independent of the baby.

Such a mother already has emotional and mental troubles, with her husband with her children and

with life, itself. The woman who is anxiety ridden in pregnancy is anxiety ridden when not pregnant. Actually, there are several studies to show that pregnancy decreases psychiatric illness.

The main point is that the solution to a woman's problem is not to kill her baby. If we eliminate this baby, it is also shown that a woman after abortion often resents her living children.

5. COULD YOU ELABORATE ON YOUR STATEMENT THAT 'ABORTIONS ARE ALSO LUCRATIVE?'

We have experienced the prevalence of unnecessary operations. Anything that comes along which is a money maker is most seductive to the medical profession. After all we physicians are only human beings and we are immersed in a materialistic society.

FROM A MUSLIM DOCTOR

"I will not give my patients any poisonous drugs if they ask, nor will I advise them thus, nor aid in a miscarriage."

- Muslim Doctor's Oath

This is what doctors and the layperson must realize and work together. Sponsored behavior and delusions restrict the vital autonomy of people, Iatrogenic Diseases are those caused by drugs, doctors and diverse conditions ranging from wrong therapy, nosocomial infections, antibiotic resistance, medical procedures, medical euthanasia and assisted suicide. They often kill as well as drain resources.

Many drugs heal one disease and cause another, and the stronger the drug the greater the risks and side effects. "With disease lightening strikes, with medicines the snake bites."

Man's consciously lived fragility and individuality makes the experience of pain, of sickness and death such that s\he can generate the capacity and ability to cope with this trio with minimal medical bureaucratic interference which usually restricts and undermines this natural ability.

Living in the era of globalization and unlike our ancestors we want to be taught, moved, treated or guided rather than to learn, to heal, and find our own healthy way.

Iatrogenesis is clinical when pain, sickness and death result from medical care; it is social when health policies reinforce an industrial organization that generates ill-health; it is cultural and symbolic when medically by undermining their competence in growing up, caring for each other, and ageing, or when medical intervention cripples personal responses to pain, disability, impairment, anguish and death.

We are born to live and enjoy life. To live is to be alive with spirit, indulgence, vibrant fulfilment, delight, pleasure, bliss, contentment and thrill. These joyous feelings make us positive and healthy to take charge rather than succumb to the conditions. Only when the family is strong can society be strong and reject these dreadful diseases. This is the essence of FAMILY COUNSELLING when all stand united to generate health and judicious living.



Stress – Management

What is Stress?

Stress is a part of day to day living. As students or in a new job or relationship you may experience stress, meeting academic demands, adjusting to a new living environment, or developing friendships. The stress you experience is not necessarily harmful. Mild forms of stress can act as a motivator and energizer.

Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger and depression, which in turn can lead to health and social problems. With the death of a loved one, the birth of a child, a job promotion, or a new relationship, we experience stress as we readjust our lives. In so adjusting to different circumstances, stress will help or hinder us depending on how we react to it.

Although we tend to think of anger or stress as caused by external events, events in themselves are not stressful. Rather, it is the way in which we interpret and react to events that makes them stressful. People differ dramatically in the type of events they interpret as stressful and the way in which they respond to such stress. For example, speaking in public can be stressful for some people and relaxing for others.

Symptoms of Stress

There are several signs and symptoms that you may notice when you are experiencing stress. These signs and symptoms fall into four categories: Feelings, Thoughts, Behavior and Physiology. When you are under stress, you may experience one or more of the following:

Feelings

- Feeling anxious
- Feeling scared
- Feeling irritable
- Feeling moody
- Getting angry frequently

Thoughts

- Low self-esteem.
- Fear of Failure
- Inability to concentrate
- Easily Embarrassed
- Worrying about the future
- Preoccupation with thoughts / tasks.
- Forgetfulness.

Behaviour

- Stuttering and other speech difficulties.
- Crying for no apparent reason.
- Acting impulsively.
- Started easily.
- Laughing in a high pitch and nervous tone of voice.
- Grinding your teeth.
- Increasing Smoking.
- Increasing use of drugs and alcohol.
- Being accident prone.
- Losing your appetite or overeating.
- Burn out, dried up exhausted.

Physiology

- Perspiration / Sweaty hands.
- Increased heart beat. Blood Pressure Changes
- Trembling.
- Nervous ticks.
- Dryness of throat and mouth.
- Tiring easily.
- Urinating frequently.
- Insomnia
- Diarrhoea / indigestion / vomiting.
- Butterflies in stomach.
- Headaches.
- Premenstrual tension.
- Pain in the neck and or lower back.
- Loss of appetite or overeating.
- Susceptibility to illness.

Causes of Stress

Both positive and negative events in one's life can be stressful. However, major life changes are the greatest contributors of stress for most people. They place the greatest demand on resources for coping.

Major Changes that can be Stressful

- Geographic Relocation
- Transfer to a new school
- Going to college
- Marriage
- Pregnancy
- New Job
- New Life Style
- Divorce
- Death of a loved one.
- Being fired from your job.

Environmental Events that can be Stressful

- Time pressure
- Competition
- Financial problems
- Noise
- Disappointments
- Anger

EUSTRESS AND DISTRESS

Stress in certain circumstances can be good. It is the challenge needed for people to grow to their full potential. So when we talk of stress management, we do not mean eliminating all stress. The primary stress response is the fight or flight response. A response helps to ensure our survival and any threat, physical or symbolic can bring about this response. Now while physical arousal to physical threat is appropriate, physical arousal to symbolic or emotional threat is inappropriate. It is no longer in duration, is not easily dissipated and is physically detrimental to the body.

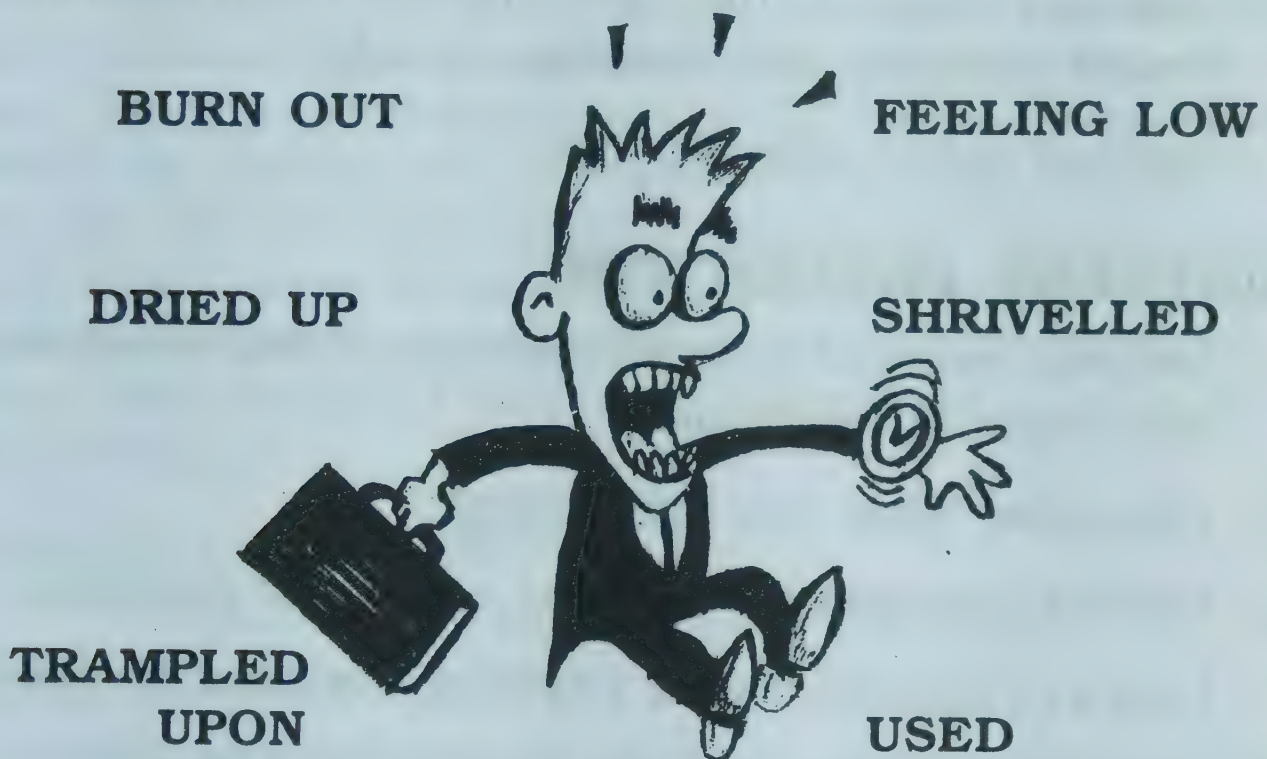
Hans Selye says that "Stress is a process that enables the body to resist the stressor in the best possible way by enhancing the functioning of the organ system best able to respond to it."

He calls optimal stress levels "eustress", and this reaches a maximal point where stress increases health and performance. He calls overload, "distress", where stress increases, but health and performance decrease, and emotional and mental exhaustion sets in.

How can I handle Stress in my life?

As we have seen, positive stress adds anticipation and excitement to life, and we all thrive under a certain amount of stress. Deadlines, competitions,

confrontations, and even our frustrations and sorrows add depth and enrichment to our lives. Our goal is not to eliminate stress but to learn how to manage it and how to use it to help us. Insufficient stress acts as a depressant and may leave us feeling bored or dejected; on the other hand, excessive stress may leave us feeling "tied up to knots". What we need to do is find the optimal level of stress which will individually motivate but not overwhelm each of us.



Remove the Descent into Depression

Depression is to give into the pressures or stresses of life and go below the normal feelings of well being. It is a negative and self destructive reaction and if unchecked can have serious implications for the individual.

EUSTRESS

Eustress is a good or positive response to stress.

- a) Talking it over with a friend who is sympathetic and understanding.

- b) Taking an inventory of the stress factors in our lives.
- c) Emotional inoculation. By this we mean preparing oneself mentally and emotionally for the stressful event. A person taking an examination can prepare beforehand by ensuring that s/he studies well etc.

MEASURES TO PROMOTE EUSTRESS

- d) Relaxation and body awareness exercises.
- e) Making changes in diet, life style etc. Being assertive. Centre Imaging and focusing on self.
- f) Seeking better relationships.

DISTRESS PREVENTION

1. Become aware of your stressors and your emotional and physical reactions.
2. Recognise what you can change.
3. Reduce the intensity of your emotional reactions.
4. Learn to moderate your physical reactions to stress.
5. Build your inner strength and self confidence.
6. Maintain your emotional reserves through Faith, Friends and Family.

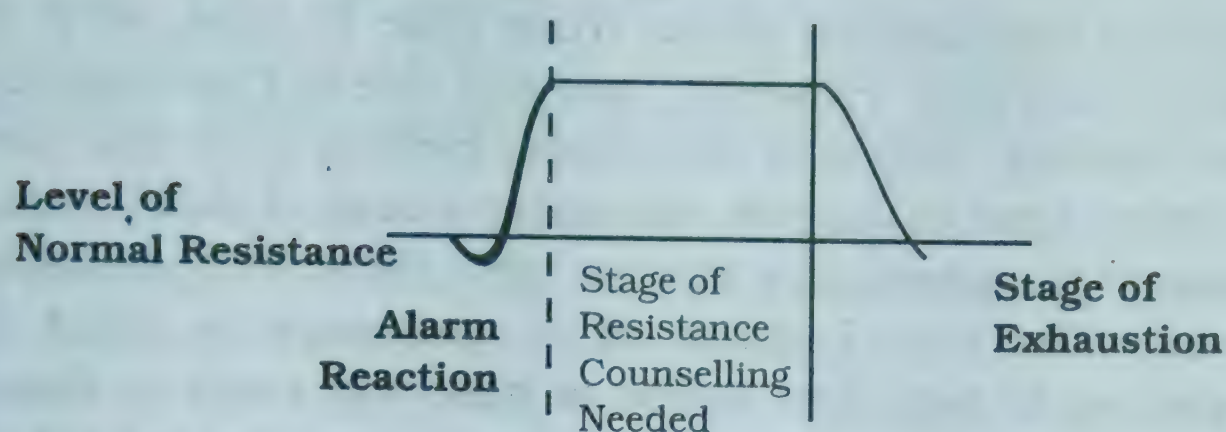
GENERAL ADAPTATION SYNDROME

CONSEQUENCES OF STRESS

Stress if not dealt with may lead to Emotional Illness and if counselling not given may lead to mental illness.

Hans Selye of the University of Montreal, has described the 'Gas', **General Adaptations Syndrome** is three phases (1) the alarm reaction (2) the stage of resistance and (3) the stage of exhaustion.

THREE PHASES OF GAS



Most illnesses occur in stage three, which is when repair fails. When the diet is adequate, a person can go for years withstanding tremendous stress with little apparent harm. During every illness we are in one of these three phases of stress, and to regain our health, our diets must be planned accordingly. Diet is not only for the body, but also for the mind, since body and mind work in close harmony. A disturbance in one, disturbs the other. What the mind takes in, is important as what the body takes in.

Stress is a challenge

Eustress Distress to be Prevented

Meeting the Challenge

"To read modern advertisements today, one would think that the greatest calamity that could befall a human being would be to have pimples wear unfashionable clothes or not drink."

- Archbishop Fulton Sheen

The best way to manage stress is to learn to change anxiety to concern. Concern means you are motivated to take care of real problems in your life, but your danger alarm system is not erroneously activated. Changing your feelings is largely a matter of learning to identify and change the upsetting thoughts that are the immediate and -proximate cause of upset emotions. Start being concerned about others, you will then find it easier to defuse, relax and renew yourself.

MANAGEMENT OF DISTRESS

Everyone experiences stress from time to time, so it is perfectly normal. However, normal doesn't necessarily mean healthy. Nor is it inevitable! Believe it or not, you can learn how to largely eliminate stress. I don't mean eliminate the pressures in your life - those will probably persist. The way I think of it, pressure is what is happening to you, but stress is how you react to those pressures. So, you can keep the pressure and get rid of the stress.

EXECUTIVE STRESS

A good example of this comes from the study of stress in executives. Several studies have shown that low and middle level executives show many stress symptoms, like ulcers, high blood pressure, tension, burnout and so on. Top executives, however, as a group show much fewer stress signs. There are exceptions in both directions, of course. Why do big wigs show fewer signs of stress? There may be many reasons, like more control over their lives, but it is hard to believe they don't have pressures. So why don't they get as stressed out? Probably the main reason is that they are either naturally stress resistant or have learned how to handle the pressure without letting it eat them up. It's like the old saying, "If you can't stand the heat, get out of the kitchen".

Fortunately, stress management is largely a learnable skill. Most people can learn how to take the heat in their lives. Before we talk about how, let's consider what stress is in more detail. The way I think of it, stress is a "false alarm". What I mean is that it is the erroneous activation of the "danger alarm" system of the brain. I visualize it as a big red fire alarm inside the head. This is a system we are all born with and it is a good thing to have. However, the biological purpose of this system is to help prepare us for dealing with real, physical

danger. When the danger alarm is turned on, it produces a physiological response called the "fight or flight" reaction, which helps us to fight the danger or flee it.

When you are in real, immediate physical danger, it is appropriate to feel afraid. Getting your body charged up with adrenaline may well help to keep you alive. However, most of the time when we feel stressed, there is no immediate danger, so it is a false alarm. The fire alarm is sounding, but there is no fire!

- Become aware of your own reactions to stress.
- Reinforce positive self-statements.
- Focus on your good qualities and accomplishments.
- Avoid unnecessary competition.
- Develop assertive behaviours.
- Recognise and accept your limits. Remember that everyone is unique and different.
- Get a hobby or two. Relax and have fun.
- Exercise regularly.
- Eat a balanced diet daily.
- Talk with friends or someone you can trust about your worries/problems.
- Learn to use your time wisely:
 - Evaluate how you are budgeting your time.
 - Plan ahead and avoid procrastination.
 - Make a weekly schedule and try to follow it.
 - Set realistic goals.
 - Set priorities.
- When studying for an exam, study in short blocks and gradually lengthen the time you spend studying. Take frequent short breaks.
- Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes.

VALUE ACTIVITY

STRESS - TEST YOURSELF

1. How does stress affect you physically?

Give each of the following symptoms a rating from 1-5 to represent how often you experience each: see how to score box below, then total up your marks and go on to the next part.

How often do you experience	
• Headaches	
• Heart pounding	
• Allergies	
• Indigestion	
• Grinding of teeth	
• Neck ache	
• Backache	
• Fatigue/Exhaustion	
• Trembling	
• Tightness in chest	

2. How does stress affect you psychologically?

Now give this round of conditions rating from 1-5 depending on how often you feel them. Then total up your score and move on to the final section to quiz.

How do you have feel:

• Difficulty in relaxing	
• Easily angered	
• Bored	
• Difficulty concentrating	
• Difficulty in making decisions	
• Anxious thoughts	
• Frustrated	
• Hostility	
• Impatient	
• Racing Thought	
• Sleeping difficulties	
• Emotional instability	

3. How does stress affect your behaviour?

Now give this list of experience a 1-5 rating representing how often each occurs, and total up your score.

How often do you:

• Treat yourself to something new	
• Throw yourself into work	
• Go Quiet	
• Avoid being with people	
• Experience sexual difficulties	
• Find it difficult to laugh	
• Eat more or less than usual	
• Smoke / drink more than usual	
• Drive recklessly	
• Try to avoid situations	
• Use medications for physical symptoms	
• Take time off work	

How to score

- 1. Never
- 2. More than once in 6 months
- 3. More than once a month
- 4. More than once a week
- 5. Constantly

Total

Now add up your three totals to give yourself a final mark, then read on to discover what your score means

1	
2	
3	

What does your Score Mean?

150 plus your stress problem is severe and you are fast approaching burn out. If you don't try to improve you are damaging you.

151 lifestyle & you could be heading for trouble. You need to act now. For long-term stress management you may need to seek professional help.

110-149 your stress level is too high. This could be due to as major life change-moving house, new job, etc. or a personal crisis. Our bodies are built to cope with short-term stress, to try not to worry unduly. Focus on the areas of your life that are causing problems, and deal with them one at a time. Check out our articles on diet (coming soon) for help on how to avoid foods that can exacerbate your stress symptoms.

90-109 your stress level is moderate, but they could easily rise if you are not careful. If you score a 5 in any area you could be living with stress carried over from past events-unresolved issues and unfinished business can be just as stressful as present issues. If you recognise this as happening in your life, try to identify and work on the problems using techniques from this supplement.

Below 90 congratulations, you're controlling whatever stress there in your life. But remember this is only an assessment of your present condition. Something could happen next week, which could send your stress levels soaring, so beware! But do read on - many of our tips will help to build up your stress reserves for when you may need them. This score could also be a sign that you are under stressed - which can be just damaging as too much stress. Make sure you keep your body and mind stimulated through evening classes, etc.

- Dr. Sarojini Vittachi, UNESCO
Vice Chairperson & Consultant, CREST

Mental Hygiene & Mental Health

The Human Brain is Gods greatest creation. An intricate network of millions of metres of pulsating nerve fibres and cells bathed in the body's most powerful chemicals, influencing the production of hormones (both metabolic and sex) and imbued with the spirit and emotions of a human being is even today not fully comprehended, despite billions of dollars worth of research and experimentation by scientists through the centuries! This human super computer needs our respect and care.

Freud defined Mental Health as the "ability to love and work". To love is to be able to enter into a relationship of mutually, that is giving and receiving love.

A mentally healthy person, he said is one who is strong enough to resolve conflicts between impulses and morals, that is, he can choose between expressing feelings and withholding such expressions, and between pursuing gratification of needs and postponing such a quest for gratification.

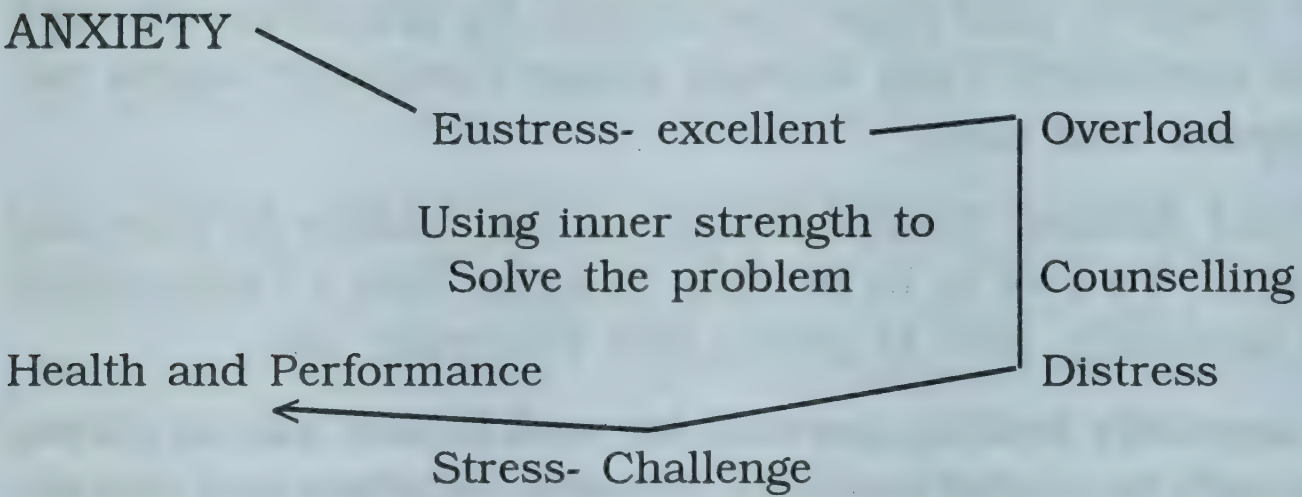
According to Jung, a mentally healthy person is a responsible person who has found a meaning for his/her existence and has integrated conflicting elements of his/her personality into a unique and harmonious pattern.

Most of us are mentally healthy at all times. When under stress, previous practices of mental hygiene have strengthened our capability of coping and behaving appropriately. When provoked at times, abnormal behavior makes its appearance (as when drugs or alcohol

in excess) but soon it conforms and settles down. If not, the person becomes 'dysfunctional', and if not helped, a neurosis may develop and again if not attended to a more lasting illness or psychoses. Medication to treat the chemical imbalance present and counseling to resolve the emotional disturbances and live in harmony with the environment goes hand in hand to heal the illness. However Mental Hygiene is not sufficiently practiced or encouraged and without the Intervention of Counseling a serious illness can develop.

PROBLEM INTERVENTION

Table 1



"The young men of this land are not a "lost race" - they are a race that never yet has been discovered. And the whole secret, power, and knowledge of their own discovery are locked within them."

- Thomas Wolfe

The brilliant author and counsellor, Archbishop Fulton Sheen wisely stated - "Modern anxiety is different from earlier ages in two ways. Previously men were anxious about their souls, but modern anxiety is principally concerned with the body. "

This over emphasis on corporal security is not healthy, it has begotten a generation that is much more concerned about having life belts to wear on a sea journey than

about the sea itself and the cabin it will occupy and enjoy. The second characteristic of modern anxiety is that it is not fear of the objective, but a vague fear of what one believes would be dangerous if it happened.

These people become like fish caught in nets and birds trapped in a snare, increasing their own entanglements and anxieties by the fierceness of their disorderly exertions to overcome them.

FEARS

Fears must be faced and fought. Flight from expressed and unexpressed fears must be surfaced and overcome. This "Paranoia" is often long standing and deep. Family or Group Therapy is helpful in this area.

Schizophrenia with or without genetic tendencies is common and if dealt with early has a good prognosis for complete recovery. The other aspects of positive health or wellbeing are emotional, physical, social and spiritual.

There is a genetic or familial factor in mental illness that has not been fully identified. However, it is environmental factors that precipitate mental illness.

Fear is a natural reaction to moving closer to the truth. It is the opposite of Love. Because when we fear someone or something, we begin to hate it. We then close ourselves to love.

Fear is a universal experience. Even the smallest insect feels it. We wade in the tidal pools and put our finger near the soft, open bodies of sea anemones and they close up. Everything spontaneously does that. It is not a terrible thing that we feel fear when faced with the unknown. It is part of being alive, something we all share. We react against the possibility of loneliness, death, of not having anything to hold on to. Fear is a natural reaction to moving closer to the truth.

Monsters of our Mind

"When things fall apart" our personal demons come in many guises. We experience them as shame, jealousy, and abandonment and rage. They are anything that makes us so uncomfortable that we continually run away.

We do the big escape; we act out, say something, slam the door, hit someone or throw a pot as a way of not facing what's happening in our hearts. Or we shove the feelings under and somehow deaden the pain. We can spend our whole lives escaping from the monsters in our minds.

All over the world people are so caught up in running that they forget to take advantage of the beauty around them. We become so accustomed to speeding ahead that we rob ourselves of joy.

Well-being of mind is like a mountain lake without ripples. When the lake has no ripples, everything in the lake can be seen. When the water is all churned up, nothing can be seen. The still lake without ripples is an image of our minds at ease, so full of unlimited friendliness for all the junk at the bottom of the lake that we don't feel the need to churn up the waters just to avoid looking at what's there.

- *Prema Chodron*

EARLY SIGNS OF MENTAL ILLNESS

1. MOOD AND DISPOSITION SIGNS

Worry, over-excited, insecure, insomnia confused, forgetful, uncomfortable, ill at ease, nervous, restless or oversleeping.

2. VISCERAL SIGNS

Stomachache, heart palpitations, profuse sweating, feeling faint, face flushed, cold chills, vomiting.

3. MUSCULOSKELETAL SIGNS

Fingers and hands shake or tremble, cannot sit or stand still, twitches, headache, tense, stiff muscles, stuttering, stammering, stiff neck, various tics.

Selye says, "our problems evolve quickly, but our bodies evolve slowly. People like to assume that the body always works intelligently. But this is not so. The body is like the mind; it too, gets confused and makes mistakes."

Where stress is concerned, the mind and body make the same mistakes together. Selye says that stress is the non-specific response of the body to any demand made upon it; it can be pleasant or unpleasant. Stress is not something to be avoided. Complete freedom from stress is death or mere animal like existence, not human living!

"All illnesses have a psychosomatic component. All disorders are psychosomatic, in the sense that both mind and body are involved in there a etiology"

CONQUER DEPRESSION

Conquer depression or introversion by following the Ten Commandments for emotional Health and Well Being.

1. **SPEAK TO PEOPLE:** There is nothing as nice as a cheerful greeting.
2. **SMILE:** It takes 72 muscles to frown and only 14 to smile.
3. **CALL PEOPLE BY NAME:** Everyone is pleased when you remember their name.
4. **BE FRIENDLY AND HELPFUL:** And others will respond in like manner.
5. **SPEAK & ACT:** As if everything you do were a genuine pleasure.

6. **BE GENUINE:** Interested in people.
7. **BE GENEROUS:** With praise-cautious with criticism
8. **BE CONSIDERATE:** With the feeling of others it will be appreciated.
9. **BE THOUGHTFUL:** Of the opinions of others, there are 3 sides to any controversy - yours, the other person's & the right one.
10. **BE WILLING:** To give service. What counts most in life is what we do for others.

SUICIDE

Homicide is violence directed outwards and focused on a person or persons. Suicide is violence directed inwards, when hate fueled by fear is internalized and seeks to end ones life. The probability of confrontation overwhelmed by a feeling/ or a belief of "unwanted mess" and the inability to "cope" is with anticipated. The individual seeks a way out of dilemmas by "opting out" of living. Suicide has been described as a social contagion -an outbreak and is a sign of a once own.

There are two main reasons for suicide:

- (a) Failure of a relationship with others seen as a personal and internal failure.
- (b) Failure in understanding the true value of life and its priority.

The individual believes it is a hopeless situation-"Nobody can help me and I can't help myself, so I will call it quits - and the easiest way out is to end my life and put an end to the suffering of others (very often) and certainly mine." Sometime the cause is failure in examination or even an anticipated failure. The inability to meet with the parents expectations causes such a high degree of

dread that the low level or absence of self-esteem cannot meet the expected high level of disappointment in the others or oneself. 'I've let my parents down'.

The individual sees this as an impossible "no win" situation and sees him/herself as the offending cause, which she now seeks to remove out of the situation.

Present in a potential suicide individual is a spiritual poverty so common these days. The true meaning and purpose of one's own life, the very value of a life created by God to fulfill a potential is missing. This belief has been in the subconscious now surfaces and is provoked by a build up of events, which precipitates the self destructive through: what's the use" is often heard coming from their lips. Even "trying" is out of the question. The decision is made and the opportunity looked for, when loneliness is most common, then dysfunction and abandonment by all and even God follows.

"To be unloved or unwanted is life's greatest poverty," Mother Teresa said. Suicides are lower in mentally challenged, highest in pop-stars and high profile persons. Suicides are under reported because of the stigma, more in girls in where incomplete suicides are more common. They see it as an appeal - a cry for help. To set the alarm "can't you see I need love? I feel this ordeal is too much for me to handle" or "I will show you how much you made me suffer, how painful it is." Here there is an aggressive tone.

The distress caused by the stress or challenge seems insurmountable, unsolvable and unending. Hence an idea is very tempting and in the absence of spiritual support, family togetherness and a vibrant physical touch and feel situation. The individual already separated from those she cares for "separates" him/herself permanently.

When dealing with an incomplete suicide I find that they need to be gainfully employed and feel useful and wanted even if it is not in paid work. People meeting them for the first time need only to be told to make them feel "good" but not pity them as they have been through a depression from which they are emerging.

Case Study

Sara, an attractive and intelligent 17 year old has a history of being "moody" (parents) and often "demanding" (friends). She downplays her positive points with "I am not so clever, I don't look as good as Anita (sister). I know I am disappointing my family. I have no boyfriend like my friends. Something must be wrong with me." A boy she liked was indifferent to her.

What do you think you could do on being appealed by her parents who approach you as a close friend who knows her history after her second discharge of an overdose? They do not want to meet a counsellor. How can you help them and Sara?

You can help as a friend or a barefoot counsellor as you are trusted. Talk alone gradually and informally with Sara about her whole life as a child & adolescent. She will give you valuable clues to her "moodiness" and depression. Her years of low self-esteem and inferiority complex, share with her parents, contact a counselor to advise you. Meet Sara's friends and then sit down with the counsellor and plan a strategy to help Sara to feel loved and wanted and acquire self-esteem. By this time the parents may learn to trust a counsellor and then Sara too as they say, (ex Sara) have all met in the group. Keep meeting Sara every week at home and also her parents till they all build up their self-confidence and form a little mini community for group therapy.

Several researches in India have examined suicides based on analysis of police data. These studies reveal regional differences with suicide rates varying from 8 to 20 / 95/ 10, 000 population. These are only the known registered cases.

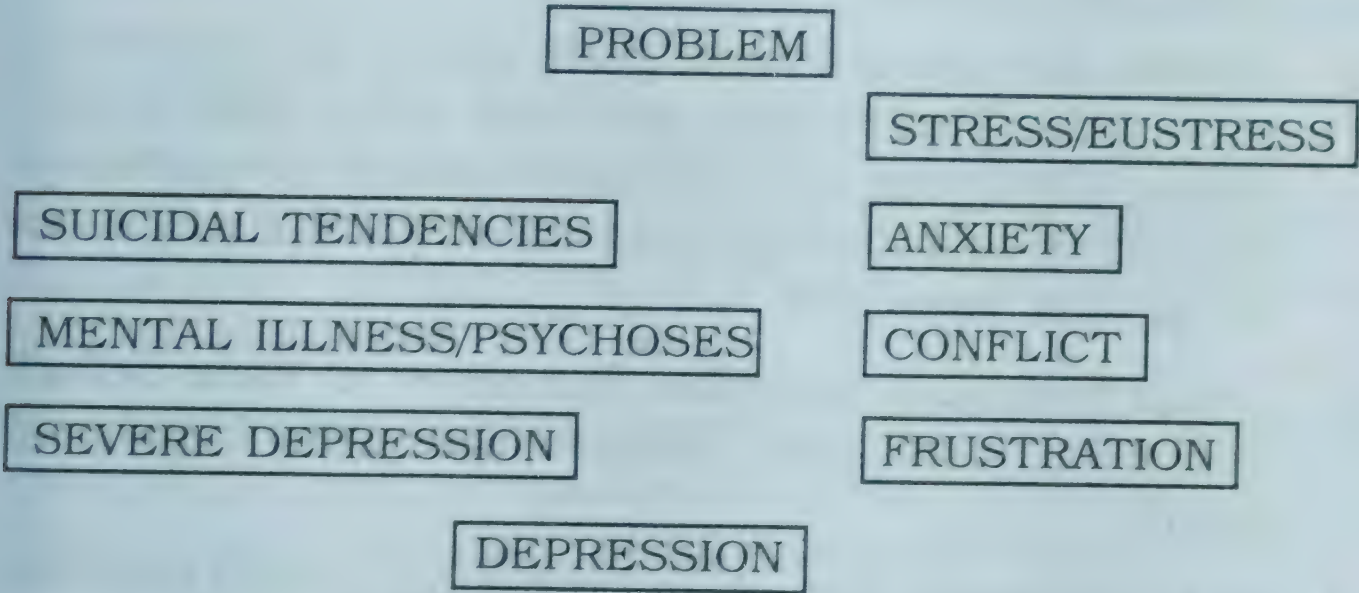
Table 1: Death rates in Bangalore City Violent Acts from 2001-2004

Suicides	2001	2002	2003	2004
	1352	1430	1470	1528

COUNSELLING FOR MENTAL ILLNESS

Counselling Intervention Needed

Table 2



Counselling can break this vicious cycle. At the stage of severe depression, professional and psychiatric help and even hospitalization maybe necessary. Hence, we can see how important mental hygiene is, since it can convert stress into eustress and solve the problem or resolve the conflict.

It is here that spiritual counselling can give to the individual belief in himself and that God cares and loves them, even if all other have disappointed them.

TO GAIN SELF CONFIDENCE

Many people feel that problems and difficulties are often more than they can cope with. They feel beaten by life and constantly weighed down by the problems. They lose faith in themselves and their ability to make a success of their lives. There is no worse experience than losing one's self-confidence. If a person doesn't believe in himself he is frustrated and breaks down at every turn.

REMEMBER

1. You are different from everyone else because you are unique. This means that you are important. If you were important, how would you walk, how could you act? When you have pictured these things, put them into practice.
2. Choose for yourself some goals within the bounds of possibility. This is what you must try to achieve and having fixed your aim, proceed towards it gradually. Plan for it and arrange your life in such a way as to fit in with your aim.
3. Learn from your mistakes, but never let them deflect you from your goal. Discuss this with friends or family.
4. Eat a balanced diet, sleep for 6-8 hours and exercise daily.
5. Take up a hobby, learn an instrument, join a gym, and visit an old friend.

"God grant me the Serenity to accept the things I cannot change. Courage to change the things I can. And Wisdom to know the difference."

- Francis of Assisi

Counselling – for Everyone

"Of primary importance is the acceptance of the counselee by the counsellor whose attitude is welcoming and empathetic. The counsellor suspends critical judgment, preserves calm and not only hear the words, but also sees how they are said and what effect they have. The counsellor's attitude to people is fundamentally person-centered. Her task is not to prescribe remedies but rather to create a warm, accepting atmosphere in which clients can share their troubles, doubts and tensions."

- Nicholas Tyndall

The relationship between counselee and counsellor deepens and a working contact can grow over weeks or months. The counselee is helped to make constructive use of their relationship to promote his/her personal, mutual and family well-being.

The confidence that develops mutually between counsellor and counselee is often reflected in the improving relationship of the counselee with others.

Some persons need a befriending relationship. Others seek help of a more psychodynamic kind.

Goals of counselling

1. To lower the level of tension or anxiety.
2. To provide a supportive, accepting and empathetic relationship so as to help the person feel comfortable in seeking help and not feel that it is wrong to have a problem.

3. To help the person accept responsibility for his problem and deal with it.
4. To enable the person to explore possible approaches in dealing with his problems and equip him to cope with any future problems he may encounter.
5. To help build a sense of worth, significance and security so that the person maybe able to adjust and adapt himself effectively to his day-to-day living. Self-esteem is very essential.

Barefoot Counselling - Peer Counselling

The Barefoot Counsellor is a person who likes helping and knows the basic principles of counselling and provides the First Contact which may/may not lead to professional long-term counselling.

They have the right attitude and knowledge of human behavior and they can be trained to become counsellors. This is important because there are so many individuals, both adolescents and mature adults who will not go for formal counselling.

Counselling Principles

I) People have intrinsic worth

Of paramount principle in counselling is the regard for human dignity & a belief in the value of an individual that gives reason & motivation for helping, and being worthy of help.

II) Each person is Unique

An appreciation of the uniqueness of an individual making him/her feel important and significant.

III) People are capable of change

This basic assumption provides purpose & direction to counselling. When we believe people can change, we know why we are engaging in counselling & helping people to change.

IV) People have the Strength and Responsibility to Change

While we affirm that people have the potential strength to change the Counsellor has to draw out this change in the person. No one can change without their co-operation and will.

V) There are no fixed Methods of Helping people

Counselling involves a variety of approaches and techniques. It is hardly possible to think of a manual like a cookbook approach to counselling!

VI) The Counsellor's Personality

Is an important factor in counselling. Counselling is a relationship; this relationship is the key to counselling. The counsellor's use of himself helps the counselee to understand and help himself.

VII) The Counsellor can ascertain whether the counselee is using Escapism, Fantasy, Projection (pinning her problem on another person) or identification (with hero), Suppression or Denial.

Be sure that as a Counsellor you frequently check whether you are doing and encouraging the following:

- | | |
|----------------------------|-----------------------------------|
| 1. Caring | 6. Pattern Analysis |
| 2. Ego Strengthening | 7. Reinforcing the Positive Image |
| 3. Encountering | 8. Self disclosing |
| 4. Feeling Analysis | 9. Value strengthening |
| 5. Interpersonal Analyzing | 10. Re-experiencing and Affirming |

Spiritual Dimension of Counselling

Unless the higher goal of total fulfilment is kept in mind, counselling may not be successful, or relapses may be frequent, making the eventual return to total health and well-being a remote possibility.

Our relationship to God precedes closely and harmoniously our satisfactory relationship with self and others. They are, in fact interdependent and hence bringing in God as an alive and a living Person who loves and cares for His children as does a father, can give a great feeling of being wanted and loved for oneself and of being and feeling secure.

THE COUNSELLING PROCESS AND SKILLS

Introduction

There are 3 stages in Counselling

- 1. The Relationship Building Stage
- 2. Exploration and Understanding Stage
- 3. Problem Solving Stage. These stages occur in 3 Phases.

Process and Skills

Phase I	Phase II	Phase III
GOAL Build a Relationship	GOAL Explore & Understand	GOAL Problem Solving
SKILLS - structuring - paraphrasing - reflection of feeling - giving - summarization	SKILLS - self disclosure - probing gently - information - clarification	SKILLS - interpretation - confrontation - problem solving - decision making

PHASE I: NON VERBAL SKILLS OR BODY LANGUAGE TO PROMOTE LISTENING CONSTITUTE 80% TO LISTENING SKILLS

- S - Face person squarely
- O - Adopt an open posture
- L - Lean toward the other
- E - Maintain good eye contact
- R - Be relaxed
- S - Show appreciation of Progress.

LISTENING HELPS TO BUILD RELATIONSHIPS

Being allowed to talk freely to a good listener is essential as:

It -

- a) Releases tension - allows a person to 'let off steam'.
- b) Purifies - drains off anger, aggression, frustration (like having an infection opened up so that the poison can be drained off).
- c) Clarifies thinking - as a person is talking, s/he may see the problem clearly. The listener can repeat what has been said, paraphrase it, mirror it and reflect it back without introducing any new thoughts.
- d) Helps a troubled person to get things in proportion.
- e) Shares the burden - 'A sorrow shared is a sorrow halved'.
- f) Establishes a relationship so that loneliness is broken, the person is given a feeling of being worth someone's time and attention.
- g) Avoid judging or evaluating.

QUALITIES OF A GOOD LISTENER

ACCEPTING	PATIENT	CARING
SYMPATHETIC	CONCERNED	DISCREET
UNDERSTANDING	RESPECTFUL	KNOWLEDGEABLE
ENCOURAGING	TOLERANT	
KIND AND WARM	TRUSTWORTHY	

YOU LISTENED

Dr. Frieda Reichmann, an eminent German psychiatrist went to USA. In a hotel, immediately after her arrival, a man in great distress visited her. She smilingly indicated her acceptance of him and the man started talking, pouring out his troubles for two hours.

After in an appeal for frads, he wrote to her, "Ten years ago, I was beside myself with anxiety and so despairing that I was on the brink of suicide. But you saved my life, you listened". She replied with the receipt saying, "Thanks for what you said. It may interest you now to know that when you came to see me, ten years ago, I understood only very few words of English".

PHASE 2: COUNSELLORS GUIDE FOR MAXIMUM UNDERSTANDING

A. TENDENCY TO JUDGE AND EVALUATE

Whenever we listen with a critical, judgmental attitude, we begin to miss out on what is being said, and it will be difficult for the counselee to go on talking for s/he feels judged or evaluated.

B. PREOCCUPATION WITH PERSONAL FEELINGS

The counsellor may show that he is listening but all the while he could be preoccupied and emotionally and mentally far away.

C. MISUNDERSTANDING OF INTENTIONS

We are quite familiar with the kind of situation where people misunderstand each other's intentions. For

example, a boy approaches the teacher with a problem. As he is beginning to talk about his difficulties, he is experiencing at home, the teacher jumps to the conclusion that he must be trying to be excused for not finishing his homework.

D. LACK OF TRUST

When there is such a lack of trust, suspicion and fear creep in to present a barrier and the student loses trust in the teacher.

E. PREOCCUPATION WITH WHAT ONE HAS TO SAY

Have you ever found yourself thinking of what to say that you miss out what he is saying? You seem to be listening to yourself, not to the person.

F. SELECTIVE LISTENING

The tendency for us to listen for what we want to hear is the other barrier to listening. Known as selective listening, it is influenced by our expectations, needs, wants, desires, as well as our opinions, attitudes and beliefs.

COUNSELLORS SHOULD AVOID

A. GIVING FALSE ASSURANCES

'You are not that bad' I understand exactly how you feel.' Or 'Don't worry everything will be all right' can be false assurances dished out from a need on the part of the counselor to comfort the student or to assure himself that he is being helpful.

B. PROBING - TOO MUCH!

Too many questions directed at the person do not help as s/he may withdraw and avoid talking. People do not like to be questioned but feel comfortable if appropriate comments lead to more talking.

C. BELITTILING FEELINGS EXPRESSED

'That's absurd' or 'There was no need to feel like that' type of comments.

D. INTERPRETING

When we are too quick to interpret and attach meanings to what a person says, we do not give him a chance to talk and we will not be able to listen.

WHAT ARE THE RESULTS OF A SUCCESSFUL HELPING RELATIONSHIP

"If I can create a relationship characterized on my part: by genuineness, in which my warm acceptance and sensitivity to see his/her world as s/he sees them. Then the counsellee in the relationship will experience and understand aspects of him/herself, which previously s/he has suppressed, and feel appreciated.

S/he will find himself becoming better-integrated and more able to function effectively and happily.



***Counselling is helping everyone needs help!
I, You and Us!***

HELPFUL QUESTIONS

- a) What can I do for you? I am so glad to be of help.
- b) How is your health? (Physical, Mental, Emotional)
- c) Let us work together.
- d) Have you seen other counselors? What did they say?
- e) What is your immediate problem?
- f) Who are the others involved in your problem?
- g) Who has helped you in the past & how?
- h) Whom can I meet to help and understand the problem better?

GUIDELINES TO RESPONDING AND EMPATHIZING

COUNSELLOR'S RESPONSE		REMARKS
Using Silence		This is to allow the person to talk
Accepting	Is there something that you would like to talk about	You do not have to agree. Just listen.
Giving broad openings	Yes. Uh-Hu, I follow what you are saying	This allows the speaker to start where he feels most ready and comfortable.
Making Observations	You appear, or sound tense. Are you comfortable? I feel rather confused when you.	Be ready to be proven wrong. Therefore, make your observations more Initiative and always check with the counselee.

Focusing	Let us look at this point a little bit more. Tell me more about that. Would you describe it more fully to me? What kind of situation is that?	Avoid being taken on a tour. Focus on what is important to the counselee.
Seeking clarification	I am not sure I understand are you trying to say that?	Ask. Do not listen without understanding.
Verbalsing the implied	I can't talk to you or any one. It is a waste of time. My grandmother pushes me around like my mother and sister did.	Be careful here. Be open to let the counselee tell you how he really feels. You are merely leading him on.
Suggesting collaboration	May be we can both talk about your anxiety and see, what is actually bothering you.	This is one good way of telling the counselee you are involved with him in dealing with his problems.
Summarizing	We have been discussing a few things. Let us see if I heard you correctly.	From time to time attempt a summary so that you can keep track of what is said.

VALUE ACTIVITY

1. Case Study

Tina had put on weight. Asha her friend pointed that out. Discuss the correct reply.

Replies

- I know of late I have not been careful; I must start dieting and yoga as we have a family history of obesity problems.
- All gain weight after a certain age.
- I haven't put on weight, you are seeing me after a long time
- When I am upset I tend to eat more . I cant help it.
- It is not easy to shed weight once you put it on.

2. THE WINDOWS EXERCISE

1 OPEN I have these personal feelings and others know	2 Others feel this about me?
3 CLOSED I hide these feelings	4 Unknown feelings ? Self and others

Name a Problem and discuss putting in these windows and sorting out feelings.

3. Suggest to attend a basic Counselling program in CREST.

THANK YOU DEAR COUNSELLOR FOR:

You come into my private world and let me be me;

You really try to understand me even if I'm not making much sense;

You grasp my point even when it's against your own sincere convictions;

You realise that the hour I took from you has left you a bit tired and drained;

You allow me the dignity of making my own decisions even though you think they might be wrong;

You do not take my problem from me, but allow me to deal with it in my own way;

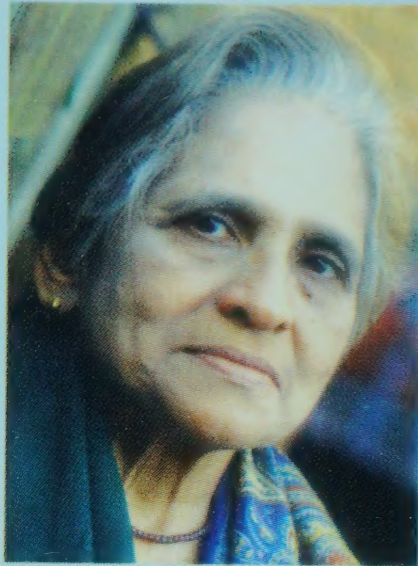
You hold back your desire to give me good advice;

You offer me spiritual solace when you sense I am ready for it;

You accept my gift of gratitude by telling me how good it makes you feel to know that you have been helpful.



**You were made to Live and to Love and
be loved. Start Living and Loving now.**



Dr. Marie Mignon Mascarenhas graduated from the Grant Medical College, Bombay with a postgraduate from London University. She is Sophia College's first doctor and founded the Department of Community Medicine in St. John's Medical College, Bangalore.

She was later awarded a Commonwealth Fellowship for Medical and Social Demography in London University. Her husband Alfred, Dean, St. John's Medical College and she represented South Asia at the Vatican Family Synod. She also represented India at the UN and other World Conferences on Family Health, Woman, etc.

She has pioneered the training of Women's Empowerment & Life for the Girl Child and written several books, winning National and International Awards. She is married with four children, and is the Founder Director of CREST, Centre for Research Education Service and Training for Family Life Promotion, Bangalore.

About the book...

"Dr. Marie Mascarenhas deserves to be congratulated for bringing out **"The Challenge to Develop Your Resources."** That the book is into its seventh edition is a testimony to its usefulness and popularity. In this wired age when information on any subject is available on the internet at the click of a mouse, we are even more in need of a wise guide with understanding."

What had won my admiration when I first read the book many years ago and used it for my growing children was her concern for the values Youth should imbibe.

In a world of moral relativism and grey uncertainties Dr. Mascarenhas clearly counsels what is right and what is not and this is the fruit of experience and wisdom.

Love, compassion, respect, honesty in relationships and faith are needed for a fulfilling life.

The Youth might think that they know enough. All they have is information. The teaching for achieving difficult goals is made easier for all educators with this book.

This edition is enriched by exposing the scientific, psychological and deeply spiritual resources which the human person is endowed with but often remain untapped or unrevealed.

It deserves to be translated into other languages and I hope the Education Departments, Management and Teachers Training Institutes of all States use this book.

THIS IS THE CHALLENGE! To study and develop your whole genetic personality fused with a harmonizing environment both powerful and deeply humane and **LIVE LIFE!**

Mr. Chiranjiv Singh I.A.S.
Former Chief Secretary
Government of Karnataka

A CREST Publication

CREST

Kasturinagar

Bangalore 560 043

Rs. 200.00